

## Hope – The Anchor of Future Happiness

“OK,” you say, “I’ve got it – ‘Happy people are thankful people and thankful people are happy people.’ But what about the future? Tomorrow? How can I best ensure happiness then?”

The answer is just about as easy – merely a “sister” to today’s happiness.

Thankfulness IS the catalyst for happiness – thankfulness “primes the pump” with the result being happiness. Hope is likewise, an anchor, catalyst and “lever” for future happiness – and how are hope and thankfulness connected? Simple:

Hope is a **present-day thankfulness**  
based on an expectation **of future blessings**.

A current thankfulness  
is shallow and fleeting  
without the anchor of hope.

So, to make sure you are happy today AND TOMORROW develop and exercise the discipline of priming the pump (being thankful) while also “rehearsing” hope – the anchor of happiness for tomorrow. Be thankful for today and hopeful for tomorrow; consider what you have to be thankful for today, tomorrow and forever!