

Fourteen Ways to Cultivate Happiness

1. meet the commitments or obligations I've set out for my self;
2. take responsibility for my actions (the good and the not so good ones);
3. use expressions such as «I can do it if I put my mind to it», «I will succeed», «I am happy to...», «Thank you»...
4. avoid comparing my self to others, and acknowledge my self-worth;
5. maintain my sense of humour;
6. take responsibility for my actions, not those of others;
7. please my self by saying «yes» to my self, my tastes, my needs, my wants, my desires, my wishes;
8. accept help from others, and offer mine to others when able to do so;
9. view my own needs as being important and valid;
10. compliment my self regularly, and accept compliments from others;
11. try to deal with changes that present to me in my daily life;
12. do my best... nothing more... nothing less;
13. live in the here-and-now, savour my successes, forgive my self for my mistakes, and thrive thanks to them.
14. have *compassion* for my *self* and for others.

Fourteen Ways to Maintain Unhappiness

1. wait for others to make me happy;
2. blame others for my mishaps;
3. use expressions like «if only I could have...» time, money, friends...
4. compare what I have with what others have;
5. be always serious;
6. be (feel) always responsible for everything;
7. try to please everyone (by not saying «no» to other's requests and «yes» to my own);
8. help others and not accept help from others;
9. view my own needs as being unimportant;
10. reject compliments that I get from others;
11. resist change right to the end;
12. try to achieve (absolute) perfection;
13. live in the past or future, but not the present, focus on my mistakes, and remain stuck;
14. have no *compassion* for my *self* or for others.