

10 Commandments Of Happiness

1. I will seek out pleasure as well as address underlying issues. I'll focus on the long-term and not focus on short-term solutions.
2. I will shoot for consistent contentment and satisfaction over time instead of spikes of euphoric joy.
3. I will not prioritize material things to find happiness because they aren't the key I'm looking for.
4. I will frequently define what happiness means for me personally, because it's different for everyone—even myself at different points in my life.
5. I will stop saying, "I'll be happy when..." and try my best to be happy now.
6. I will make time to enjoy the moment instead of constantly focusing on the pursuit of happiness.
7. I will accept myself in the process (or in spite) of my personal development. I will love myself now, even if I have things I want to improve.
8. I will make mistakes, but I will not let them define me. I will recognize my mistakes provide me with experience and education.
9. I will ask for help when I need it.
10. I will stop feeling guilty for enjoying things within my comfort zone, but remember that sometimes I should try to take a step outside of it.