



Pursuing happiness

Although “the pursuit of happiness” is one of our longstanding inalienable rights, modern life might just call for an updated mindset where happiness is concerned.

- Rather than pursuing happiness, consider starting with happiness! Practice gratefulness for your many gifts.
- There's little value in aiming at an idealized, vague vision of happiness “out there.” Since you can't quantify it, you'd never know whether you've attained it!
- Instead of seeking comforts, experience the flow of engaging activities—whether they're creative, social, athletic or professional.
- Too often we imagine that there's something just beyond our reach that might bring us happiness: a better relationship, better finances or a thinner waist. However, everything you need is already within you. Build on that knowledge to expand your happiness.
- Don't compare yourself to others. Share your dreams only with people who support your vision of success.

Identity Theft Resolution*

