



26

A-Z

Life Happiness Tips

Practice your ABC's daily to have a happy life.

A- Accept

Accept others for who they are and for the choices they've made even if you have difficulty understanding their beliefs, motives, or actions.



B- Break Away

Break away from everything that stands in the way of what you hope to accomplish with your life.



C- Create

Create a family of friends whom you can share your hopes, dreams, sorrows, and happiness with.



D- Decide

Decide that you'll be successful and happy come what may, and good things will find you. The roadblocks are only minor obstacles along the way.



E- Explore

Explore and experiment. The world has much to offer, and you have much to give. And every time you try something new, you'll learn more about yourself.



F- Forgive

Forgive and forget. Grudges only weigh you down and inspire unhappiness and grief. Soar above it, and remember that everyone makes mistakes.



G- Grow

Leave the childhood monsters behind. They can no longer hurt you or stand in your way.



H- Hope

Hope for the best and never forget that anything is possible as long as you remain dedicated to the task



I- Ignore

Ignore the negative voice inside your head. Focus instead on your goals and remember your accomplishments. Your past success is only a small inkling of what the future holds.



J- Journey

Journey to new worlds, new possibilities, by remaining open-minded. Try to learn something new every day, and you'll grow.



K- Know

Know that no matter how bad things seem, they'll always get better. The warmth of spring always follows the harshest winter.



L- Love

Let love fill your heart instead of hate. When hate is in your heart, there's room for nothing else, but when love is in your heart, there's room for endless happiness.



M- Manage

Manage your time and your expenses wisely, and you'll suffer less stress and worry. Then you'll be able to focus on the important things in life.



N- Notice

Never ignore the poor, infirm, helpless, weak, or suffering. Offer your assistance when possible, and always your kindness and understanding.



O- Open

Open your eyes and take in all the beauty around you. Even during the worst of times, there's still much to be thankful for.



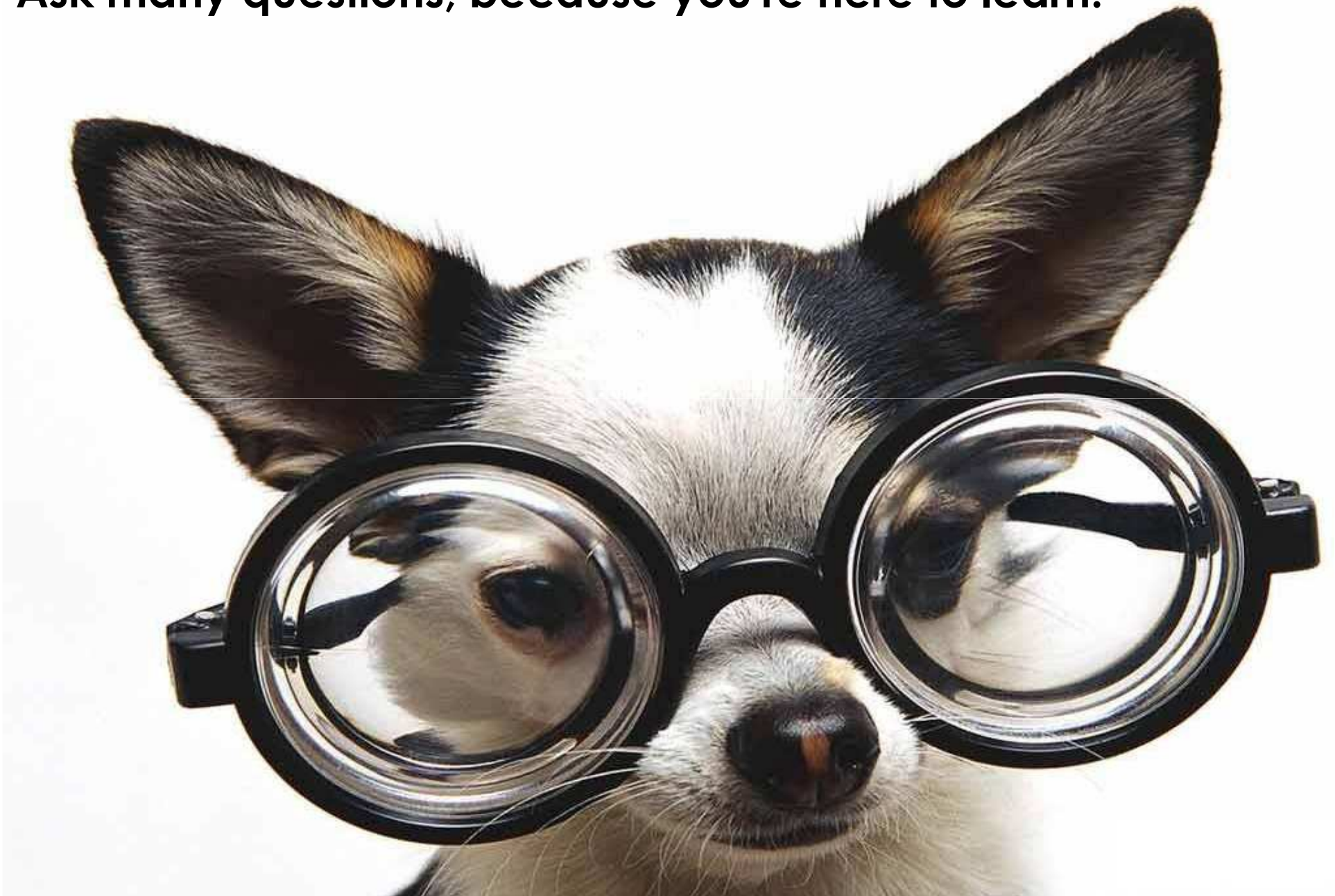
P- Play

Never forget to have fun along the way. Success means nothing without happiness.



Q- Question

Ask many questions, because you're here to learn.



R- Relax

Refuse to let worry and stress rule your life, and remember that things always have a way of working out in the end.



S- Share

Share your talent, skills, knowledge, and time with others. Everything that you invest in others will return to you many times over.



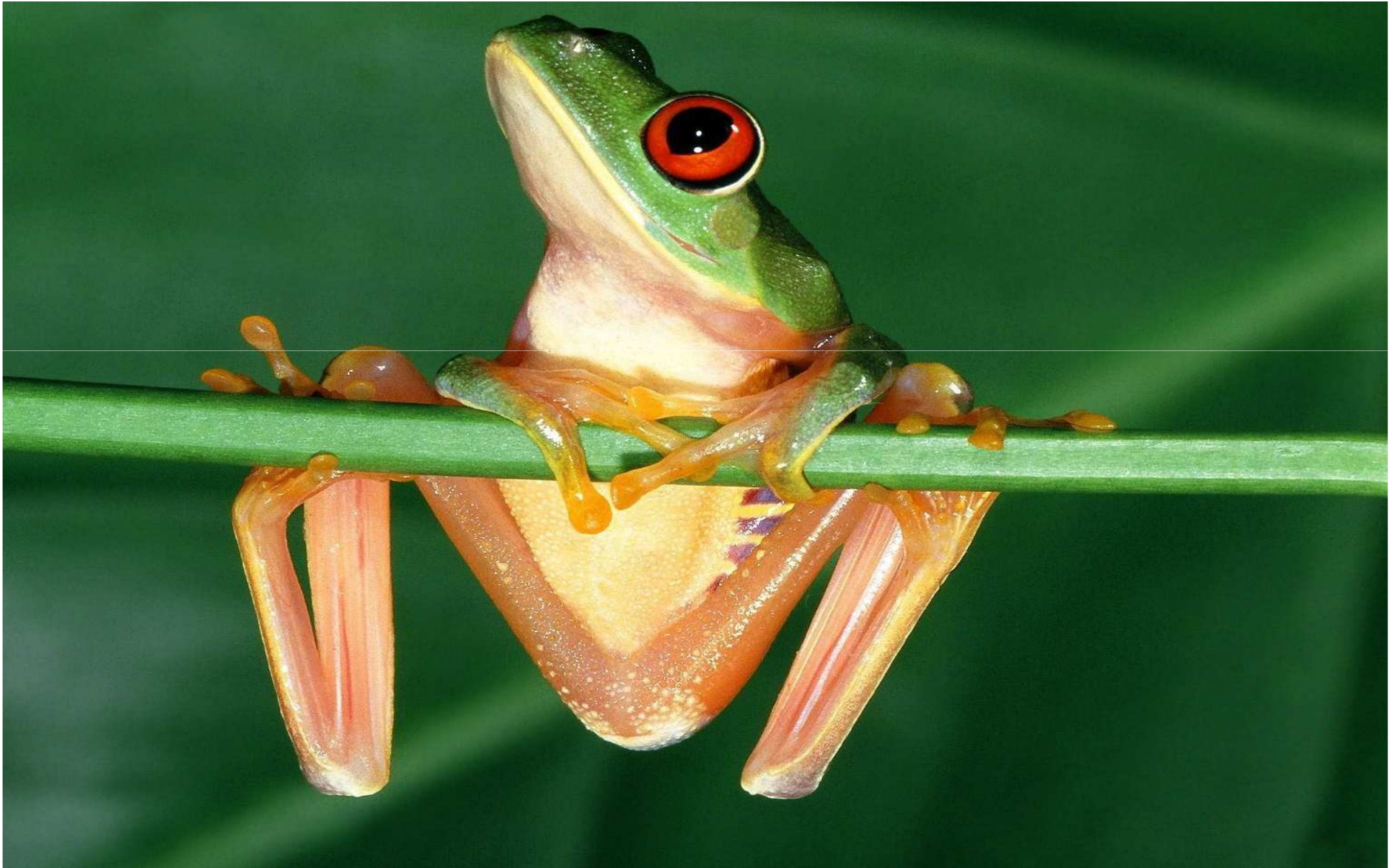
T- Try

Even when your dreams seem impossible to reach, try anyway. You'll be amazed by what you can accomplish.



U- Use

Use your gifts to your best ability. Talent that's wasted has no value. Talent that's used will bring unexpected rewards.



V- Value

Value the friends and family members who've supported and encouraged you, and be there for them as well.



W- Work

Work hard every day to be the best person you can be, but never feel guilty if you fall short of your goals. Every sunrise offers a second chance.



X- X-ray

Look deep inside the hearts of those around you and you'll see the goodness and beauty within.



Y- Yield

Yield to commitment. If you stay on track and remain dedicated, you'll find success at the end of the road.



Z- Zoom

Zoom to a happy place when bad memories or sorrow rears its ugly head. Let nothing interfere with your goals. Instead, focus on your abilities, your dreams, and a brighter tomorrow.



**Thank You Very Much
Sompong Yusoontorn**