

10 WAYS TO BE 100% HAPPY 88% OF THE TIME

1. Dress Up. If you end up being over-dressed tell people you are on your way somewhere better. Then *go* somewhere better!
2. Never do today what you can put off forever.
3. Never say never!
4. Praise others instead of blaming them. Blame yourself then pat yourself on the back for doing so. I read about a monk who would read the newspaper every day and ask, about each horror, what did I do yesterday to cause this?
5. Don't drive yourself crazy! When you drive yourself crazy you're taking jobs away from other people. It's like your own personal NAFTA.
6. Chop wood - but not old growth. Carry water - but not in leachable plastic.
7. Be willing to be 100% unhappy, truly miserable, 12% of the time.
8. Change your perspective frequently. It's all how you look at it. Even though they are selling you the fact that it's all how you look! And looking good is great, or maybe it isn't. It's all how you look at it.
9. Be yourself. I know this sounds pretty simplistic, but it's actually incredibly difficult because first you have to know yourself.
10. Choose love over fear! The Fear Machine is working overtime! They have a new tactic which is to make you afraid of not being afraid!
11. Always give a little more than you said you were going to!

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Beth Lapidés is an inspirational comedian, teacher and author. For more info about her shows, books, workshops: <http://www.bethlapides.com>. Sign up for her free newsletter: info@bethlapides.com.