

## **Day 4 Be Happy**

### **Quote**

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom. Marcel Proust

Happiness is itself a kind of gratitude. Joseph Wood Krutch

Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy — because we will always want to have something else or something more. Brother David Steindl-Rast

### **Bible Verse**

A cheerful heart is good medicine,  
but a crushed spirit dries up the bones. Proverbs 17:22

### **Inspiration**

Pharrel Williams Happy

<http://www.youtube.com/watch?v=y6Sxv-sUYtM>

5 Years Time

<http://www.youtube.com/watch?v=T8YCSJpF4g4>

### **Gratitude link**

5 ways to practice gratitude

<http://psychcentral.com/blog/archives/2009/07/21/5-ways-to-practice-gratitude-an-interview-with-sonja-lyubomirsky/>

### **Journaling**

What things make you happy? Which of these are you most grateful for?

### **Technique**

Shaving cream

<http://www.youtube.com/watch?v=xldePbRuS0k>

### **Action**

Smile at yourself in the mirror first thing every morning.