RULES FOR HAPPINESS

• Don't blame others for making you unhappy. Take responsibility for making yourself happy.

• Give yourself permission to make yourself happy — even if in so doing, others make themselves unhappy.

• Make time for yourself to do things which bring you pleasure and enjoyment in the short-term.

• Do things for others and your community without expecting anything back in return.

• Sacrifice short-term pleasures and put up with short-term discomforts in order to achieve longer-term gains.

• Accept the fallibility of others and yourself.

• Don't take things personally.

• Take a chance even when you might fail at things at work or in your personal relationships.

• It doesn't matter so much what people think about you and what you are doing.

• See uncertainty as a challenge — do not be afraid of it.