

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.**