

# 25 WAYS TO BE A HAPPIER YOU

- 1 Life is not a race to the finish line.
- 2 Make your priorities a priority.
- 3 Cheaper isn't always less expensive.
- 4 You can't live an unhealthy lifestyle and expect a healthy outcome.
- 5 People are way too quick to make commitments and too quick to abandon them.
- 6 Learning is as much an attitude as it is an activity.
- 7 If we don't address poor behavior, we're encouraging it through our inaction.
- 8 Checking items off a to-do list doesn't determine progress; focusing on your priorities is what counts.
- 9 When people don't learn from mistakes, their actions often turn into bad habits.
- 10 Appreciate what you have before it becomes what you had.
- 11 Happiness is a result of balance rather than intensity.
- 12 Mistakes don't make you a failure, but beating yourself up makes you feel like one.
- 13 You may not have the control to lengthen your life, but you can do much to deepen it.
- 14 If you look into the mirror and don't like what you see...don't blame the mirror.
- 15 When you compete against yourself, you both win.
- 16 Keeping score, in friendships, is a losing game.
- 17 People stop trying when there's no benefit for being exceptional and no consequence for being mediocre.
- 18 Knowing what's right isn't as important as doing what's right.
- 19 The real benefit of being honorable isn't in how others view you, but rather, in how you view yourself.
- 20 "I can't" and "I don't want to" trigger the same results.
- 21 Having kids is not the same as being a parent.
- 22 When you tolerate mediocrity, you get more of it.
- 23 Your life is determined by the sum of the choices that YOU make.
- 24 Never win at the expense of the relationship.
- 25 Moments, rather than possessions, are the true treasures of life.

Excerpted from *BOOKSMART: Hundreds of real-world lessons for success and happiness*

