

## **12 Fundamental Choices for Happiness**

by Phil Friedman

1. Choose to be happy. Make a decision and make it your intention and commitment everyday under all circumstances.
2. Choose to take responsibility for your life, your thoughts, feelings, beliefs, experiences, values, and behavior.
3. Choose to see things differently; to see new possibilities and options.
4. Choose peace over conflict, love over fear, and balance over imbalance.
5. Choose to be joyful and to create fun and enjoyable activities in your life.
6. Choose to be true to your deepest self and to express that self in feelings, thoughts, values, and behavior.
7. Choose to forgive and let go of judgments and grievances.
8. Choose to be positive and optimistic.
9. Choose to be loving and generously giving and to join with others.
10. Choose to be appreciative and grateful for both small and big things and experiences in your life.
11. Choose to discover, listen to, and follow your vision and purpose in life.
12. Choose to connect with a higher or inner Source/Spirit/Force/God.