

THE ROADMAP TO HAPPINESS:

A Set of Directions for Living a Worthwhile Life

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Thought of the Week
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I have thought deeply about what constitutes real happiness—true, genuine happiness.

I have tried to simplify these thoughts as much as possible into brief, straightforward guidelines, that hopefully will serve you well for many years to come. What follows is my best personal opinion of how to go about creating a truly worthwhile and happy life.

- ✧ Be good, and do good. That is simple enough.
- ✧ Know what is right, and do what is right. (Again, that is simple enough.)
- ✧ Live each day in such a manner that, when you go to sleep each night, you do so with a clear conscience. This will come from making every effort that you can to live the life you know you should be living.
- ✧ Live your life the best way you know how.
- ✧ Never do something you won't be proud of.
- ✧ Never become someone you won't be proud of.
- ✧ Do not search for riches, fame, or material wealth. Live your life the best way that you can, and if you do, you will attain the most valuable possession there is: peace of mind.
- ✧ Realize that there is no substitute for being a good person.

- ✧ Learn to value your integrity. You come into this world with it: make sure you do all you can to leave this world with it as well.
- ✧ Don't just go through the motions in life. Make the most of yourself and your time in this world.
- ✧ Don't wish for better circumstances. Go out and make them.
- ✧ Make the most of your talent and your opportunities, and find a way to do it in service to something that is greater than your own immediate self.
- ✧ Leave your mark on this world. Leave a piece of your spirit behind in the hearts and minds of everyone you meet.
- ✧ Let the world be a better place for your having been here.
- ✧ Realize that we are all part of something larger than ourselves, and that we are called to do as much good in this lifetime as we possibly can.
- ✧ Live with honor, live a life that matters.
- ✧ Live in such a way so that at the end of your life, you will be able to say, in the words of Henry David Thoreau, "My life has been the poem I would have writ. But I could not both live and utter it."

... in other words: *Make Your Life a Masterpiece.*

