

Alphabets of Happiness

A--Accept

Accept the reality. Acceptance is the key to solve/ overcome the problem. Accept others with their drawbacks. Don't forget that some body has also accepted you with your short comings.

B--Break Away

Break away from everything that stands in the way of achieving your GOAL.

C--Create

Create a family of friends with whom you can share your hopes, dreams, sorrows, problems, difficulties and happiness.

D--Decide

Decide that you'll be successful and happy irrespective of problems.

E--Explore

Explore and experiment. Necessity is the mother of inventions.

F--Forgive

Forgive and forget. Life is too short to harbour Grudges.

G--Grow

Leave the childhood fears and experiences behind. They can no longer bother you.

H--Hope

Hope for the best. However Hope should be supplemented by hard work.

I--Ignore

Ignore the negative thoughts from mind.

J--Journey

Journey should be undertaken to explore new world, new challenges.

K--Know

Know that any thing goes up comes down. Problems and sorrows are substituted by happiness.

L--Love

Cultivate the habit of loving what you get as you may get what you love. Love the nature.

M--Manage

Manage your time and money wisely, which will help you to reduce your worries.

N--Notice

Notice poor, needy, helpless people & their suffering. Offer your assistance according to your ability. Assistance is not necessarily in monetary terms but even a prayer and apathy can also be useful.

O--Open

Open approach should be kept in our walk of Life, which helps to reduce many tensions and worries in life.

P--Play

Life will be boring without relaxation and Play.

Q--Question

Don't be afraid to ask questions. One can learn only when doubt gets raised in the mind and the same is sorted out by asking question.

R--Relax

Cultivate the habit of relaxation. The definition of Relaxation will vary from person to person.

S--Share

Share your treasure such as talent, skills, knowledge, and time with others. Share your tensions with spouse and friends. Third party view may help you to overcome the same.

T--Try

Desire and ability are essential for accomplishment of your dream. Keep trying with equilibrium of your body and mind and the success will touch your feet.

U--Use

Use your knowledge for the benefit of mankind.

V--Value

Value the contribution made by your parents, family, friends and teachers.

W--Work

Work should be carried out with devotion. Quality of work gets improved only if there is equilibrium between mind and body.

X--X-Ray

Look deep inside your own heart and try to extract good qualities within you.

Y--Yield

Yield to hard work and commitment.

Z--Zoom

Zoom your mind so high which would enable you to take third party bird's eye view of your LIFE.