

# Happiness In Hard Times™

How To Be Happy When Times Are Tough & Help Others To Be Happy Too!

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## Be Kind, Honest, Have High Integrity

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**Doing Good Makes Us Feel Good.** This illustrates **The First Law of Happiness: Our Focus Determines Our Feelings.** Conscious kindness, the simple act of trying to extend love, care and compassion toward others helps us feel good about ourselves. **Goodness Truly Does Bring Its Own Rewards.**

The goal of continually deciding to Do OUR Best, Feel OUR Best and Be At OUR Best is inspiring, energizing and uplifting. Our Best Keeps Getting Better. The key is trying to do OUR Best, not someone else's Best. Trying to do OUR Best given our knowledge, skills, experience and resources serves as a comfort because realistically we know we can do no more. It offers protection from fear, anger and frustration.

**Truth, Honesty And Integrity Are Essential To Happiness.** We cannot be happy if we are guilty, ashamed or if we are continually worried that our wrong doings will be found out, punished and exposed. A clear conscience and living by good values are absolute prerequisites to a happy life. The Universe respects, admires, trusts and rewards people with high integrity who always try to do the right and best thing.

Beware, a significant sector of the population has no empathy, compassion or conscience and feels no guilt or remorse over wrongdoing. These psychopaths and sociopaths do worry about being found out, punished and exposed. They are often very charming and charismatic which makes them all the more dangerous.

Psychopaths and sociopaths cannot truly love so they use power, control and manipulation as Feel Good substitutes. They do not have firm foundations of good values to guide their lives. They go through life rudderless, reacting to the world based on what is best for them. They are never genuinely happy until they learn the importance of honesty, compassion, empathy and love.

Harmony with the people who surround and depend on us is central to happiness. We cannot be happy if others are continually and legitimately upset by our carelessness, misbehavior and wrongdoing. Our significance is determined by our ability to benefit others, not ourselves.

We need the truth to make good decisions. We cannot love people we do not trust.

In the stress of hard times, it is especially important to consciously decide to be kind, honest and to live by the very best values. It's the only way to be happy, feel at peace and genuinely good about ourselves.

**Be Guided By Goodness. Doing Good Makes You Feel Good. Be Kind, Honest, Have High Integrity. Live By Good Values. Continually Deciding To Do Your Best And Be Your Best By Embracing The Best Values Is The Foundation Of Happiness.**

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team