



7 Habits of Happy People

Relationships - spend time,
encourage, be encouraged,
rejoice in other's successes

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Acts of Kindness - do for others,
be generous even to the
ungrateful and evil

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Exercise and Physical Well-being
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get outside more, get good sleep,
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Focused activity - hobbies,
projects, not a-muse; without
thinking

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Spiritual Engagement - Prayer

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Strengths and Virtues - Use the gifts God gave you, focus on your strengths

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Positive Mindset; Gratitude - be gracious, rejoice, be thankful

What About 2019

1. How are you going to build into your life relationships? What friends do you need to reconnect with and spend time with?

What About 2019

2. How are you going to increase your generosity and acts of kindness this year? How are you going to get out of debt and stay out of debt so that your hands aren't tied when it comes to generosity and giving?

What About 2019

3. How are you going to work on controlling your physical appetites? How are you going to be more active and resist sexual immorality? How will you make time to go outside and to sleep well?

What About 2019

4. How are you going to be more involved in focused activity; doing something you need to do or enjoy doing to an end? How are you going to control your time spent in a-muse, without thinking?

What About 2019

5. How are you going to be praying this New Year? What are you going to do to increase the time you spend in prayer and to improve your attitude in prayer?

What About 2019

6. How are going to use the strengths that God has given you? Don't neglect the gift. How will you be a good steward of what God has entrusted to you?

What About 2019

7. How are you going to adjust your response to your life events? How will you chose happiness and a positive outlook this year?

