

# **10 Rules For A Happy Day**

## **1. TODAY I WILL NOT STRIKE BACK....**

If someone is rude, if someone is impatient, if someone is unkind, I will not respond in a like manner.

## **2. TODAY I WILL ASK GOD TO BLESS MY 'ENEMY'**

If I come across someone who treats me harshly or unfairly, I will quietly ask God to bless that individual. I understand "enemy" could be a family member, neighbor, co-worker or stranger.

## **3. TODAY I WILL BE CAREFUL ABOUT WHAT I SAY....**

I will carefully choose and guard my words being certain that I do not spread gossip.

## **4. TODAY I WILL GO THE EXTRA MILE...**

I will find ways to help share the burden of another person.

## **5. TODAY I WILL FORGIVE....**

I will forgive any hurts or injuries that come my way.

## **6. TODAY I WILL DO SOMETHING NICE FOR SOMEONE, BUT I WILL DO IT IN SECRET...**

I will reach out anonymously and bless the life of another.

## **7. TODAY I WILL TREAT OTHERS THE WAY I WISH TO BE TREATED...**

I will practice the golden rule. "Do unto others as I would have them do unto me"- with EVERYONE I encounter.

## **8. TODAY I WILL RAISE THE SPIRITS OF SOMEONE WHO IS DISCOURAGED...**

My smile, my words, my expression of support, can make the difference to someone who is wrestling with life.

## **9. TODAY I WILL NURTURE MY BODY...**

I will eat less... I will eat only healthy foods. I will thank God for my body.

## **10. TODAY I WILL GROW SPIRITUALLY...**

I will spend a little more time in prayer today. I will begin reading something spiritual or inspirational; I will find a quiet place (at some point during this day) and listen to God's voice.