Nine Choices of Happy People

1. **Intention**—the active desire and commitment to be happy, and the decision to consciously choose attitudes and behaviors that lead to happiness over unhappiness.

2. **Accountability**—the choice to create the life you want to live, to assume personal responsibility for your actions, thoughts and feelings, and the emphatic refusal to blame others or view yourself as a victim.

3. **Identification**—the ongoing process of looking deeply within yourself to assess what makes you uniquely happy, apart from what you’re told by others *should* make you happy.

4. **Centrality**—the non-negotiable insistence on making central to your life that which brings you happiness.

5. **Recasting**—the two-step process that transforms stressful problems and trauma into something meaningful, important, and a source of emotional energy.

6. **Options**—the decision to approach life by creating multiple scenarios, to be open to new possibilities and adopt a flexible approach to life’s journey.

7. **Appreciation**—the choice to appreciate deeply your life and the people in it, and to “stay in the present” by turning each experience into something precious.

8. **Giving**—the choice to share yourself with friends and community, and to give to the world at large without the expectation of a “return.”

9. **Truthfulness**—the choice to be honest with yourself and others, and not to allow societal, workplace, or family demands to violate your internal contract.

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