

**We have within us the capacity
to manufacture the happiness we are
constantly chasing.**

Dan Gilbert

What makes you happy? Harvard Professor, Dan Gilbert found that most people think they know what makes them happy, but typically they are wrong.

One thing that makes us unhappy is putting our happiness on layaway for some future date. You've heard someone say, when I <fill in the blank> I'll be happy.

You can't acquire happiness in the future. You're either happy now or you're not. Then never arrives. When you live and strive for "then," it only results in a constant state of unhappiness. How ironic.

You can only be happy now. If you can't be happy now you won't be happy later.

Put your hand on your heart and say:

I choose to be happy today and not put off my happiness.