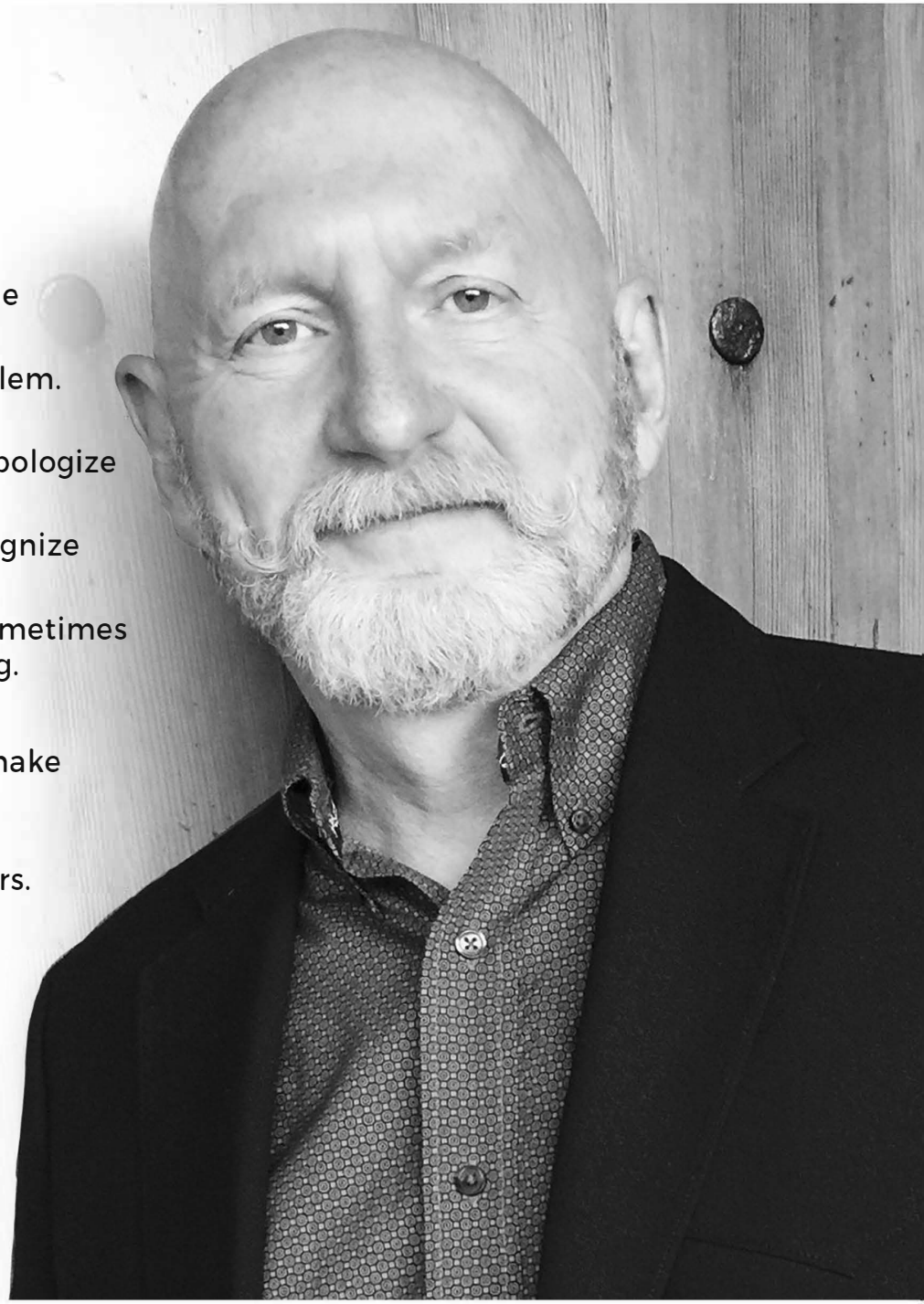
TEN STEPS TO A HAPPIER LIFE©

1. **Lighten up!** Don't get your panties in a wad about every little thing that happens.
2. **Forget blame.** You can fix the blame or you can fix the problem. Spend your time fixing the problem.
3. **Forget guilt.** Guilt serves little purpose. If you messed up, apologize and move on.
4. **Forget luck.** Lucky people are those who are prepared, recognize opportunities and then act on those opportunities.
5. **Give up the constant need to be right.** Pick your battles. Sometimes it just isn't worth the fight. Besides, sometimes you're wrong.
6. **Scope up.** Pettiness is unattractive on all levels.
7. **Rise above the approval of others.** You are never going to make everyone happy anyway so stop trying.
8. **Forgive.** You can't be happy when you are full of anger and resentment. Get over it. Forgive them for your sake, not theirs.
9. **Get healthy and stay that way.** It's hard to be happy and sick at the same time.
10. **Stop looking for things outside yourself to make you happy.** Happiness comes from within.

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