

# *Principals for living a* **HAPPY LIFE**

---

## **BE GIVING OF YOURSELF TO OTHERS**

Its a mistery, but we know from Chrsit's example in the Gospels that we find our life when we lay it down for others.

## **MOVE QUIETLY AND PEACEFULLY**

Seek to develop kindness, humility and a "calmness of life".

## **MAKE TIME FOR PLAYING WITH CHILDREN, FOR LEISURE, READING AND ART**

Its a mistery, but we know from Chrsit's example in the Gospels that we find our life when we lay it down for others.

## **RESPECT THOSE WHO THINK DIFFERENTLY**

"The church grows by attraction not proselytizing..." The Pope encourages us here to make sure that we are conversing from a place of respect and charity for the other, no matter how deep the divide between your beliefs.

## **ACTIVELY SEEK PEACE**

Peace doesn't just come accidentally. Committo seekingout ways to increase peace in your life.