

**Gomathinayagam**

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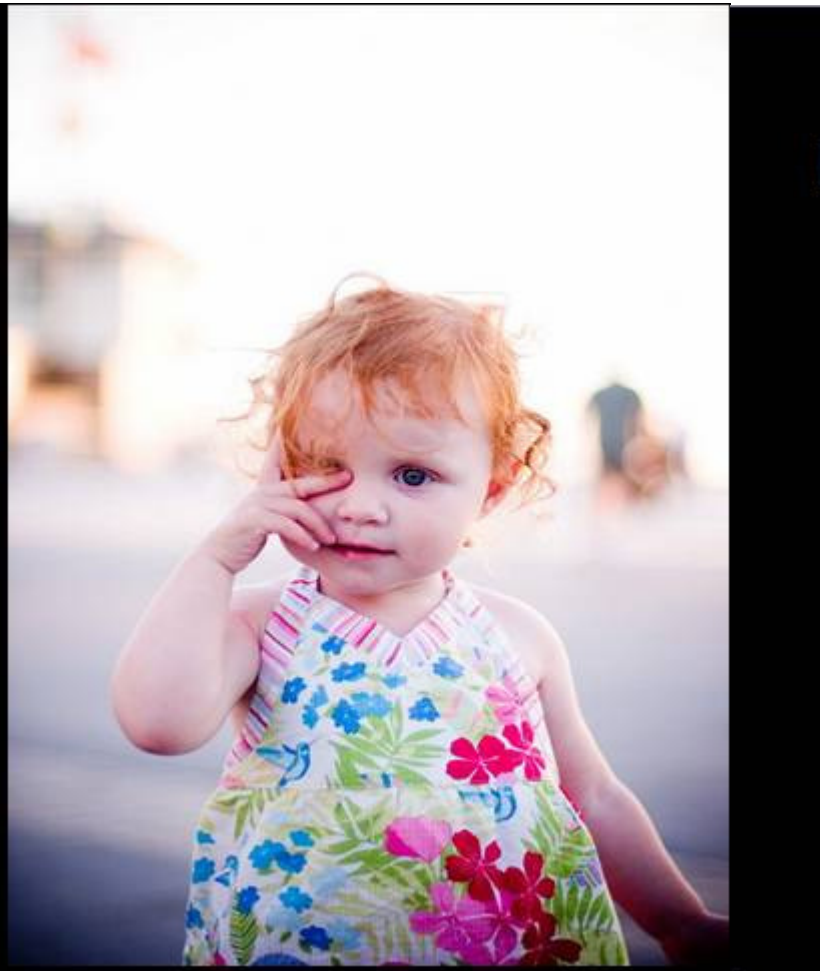
**From:** "Gomathinayagam" <gomes17@gmail.com>  
**To:** <dialgomes@gmail.com>  
**Sent:** Saturday, June 26, 2010 5:59 PM  
**Attach:** image008.jpg; image028.jpg; image021.jpg  
**Subject:** Fw: FW: Best presentation of Happy Life ... good one

BEST PRESENTATION OF HAPPY LIFE

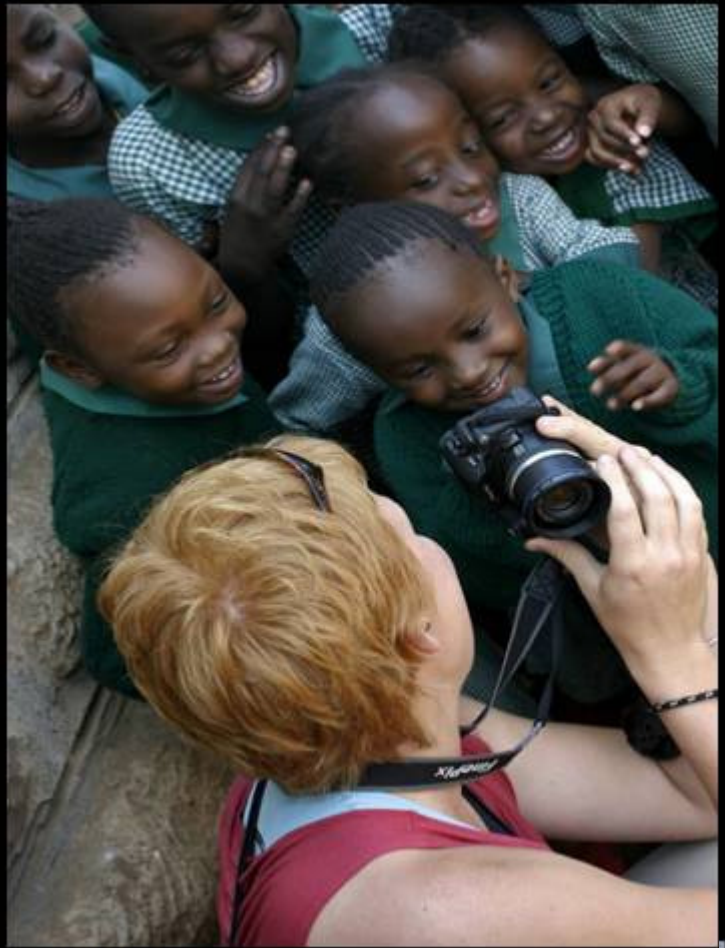
**Take a 10-30 minute walk every day  
and while you walk, smile.**



**When you  
wake up in  
the morning  
complete  
the  
following  
statement,  
"My purpose  
is to ...  
today."**



**Spend more  
time with  
people over  
the age of  
70 and  
under the  
age of six.**





**Try to make at least three people smile  
each day.**



**Smile and laugh  
more. It will  
keep the energy  
vampires away.**



**Life is too short to waste time hating  
anyone.**



**You don't have to win every  
argument. Agree to disagreements.**



**Don't compare  
your life to  
others'.  
You have no  
idea what their  
journey is all  
about.**



**No one is in charge of your happiness  
except you.**



**What other people think of you is none  
of your business.**





**Get rid of anything that isn't useful,  
beautiful or joyful.**



**No matter how  
you feel, get up,  
dress up and show  
up.**



**Call your family often.**





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**Realize that life is a  
school and you are  
here to learn, pass  
all your tests.  
Problems are simply  
part of the  
curriculum that  
appear and fade  
away like algebra  
class but the lessons  
you learn will last a  
lifetime.**



**Remember that you are too blessed to  
be stressed.**



**However good or bad a situation is, it  
will change.**

