

A is for Acceptance

Acceptance and tolerance and forgiveness, those are life-altering lessons.– Jessica Lange

B is for Believe.

Believe you can and you're halfway there.”- Theodore Roosevelt

C is for Confidence.

“As is our confidence, so is our capacity.”- William Hazlitt

D is for Dreams

All our dreams can come true, if we have the courage to pursue them.” -Walt Disney

E is for Enthusiasm

“Enthusiasm is excitement with inspiration, motivation, and a pinch of creativity.” – Bo Bennett

F is for Forgiveness

Forgiveness is the giving, and so the receiving, of life.” -George MacDonald

G is for Gratitude

Gratitude is the fairest blossom which springs from the soul.” -Henry Ward Beeche

H is for Harmony

“But what is happiness except the simple harmony between a man and the life he leads?” – Albert Camus

I is for Imagination

We do not need magic to transform our world. We carry all the power we need inside ourselves already. We have the power to imagine better. – JK Rowling

J is for Joy.

“Joy is a net of love by which you can catch souls.” – Mother Teresa

K is for Kindness

“A warm smile is the universal language of kindness.” -William Arthur Ward

L is for Love

“Love is that condition in which the happiness of another person is essential to your own.” – Robert A. Heinlein

M is for Meditation

“Meditation is the tongue of the soul and the language of our spirit.” – Jeremy Taylor

N is for New

“The sun is new each day.” -Heraclitus

O is for Optimism.

Through my optimism I naturally prefer and capture the beauty in life. – Leni Riefenstahl

The positive thinker sees the invisible, feels the intangible, and achieves the impossible. -Winston Churchill

P is for Positive.

The positive thinker sees the invisible, feels the intangible, and achieves the impossible. -Winston Churchill

Q is for Quiet.

“The best cure for the body is a quiet mind.” -Napoleon Bonaparte

R is for Relaxation

“Tension is who you think you should be. Relaxation is who you are.” -Chinese Proverb

S is for Smile.

“A smile is happiness you’ll find right under your nose.” -Tom Wilson

T is for Thrill

“Happiness... it lies in the joy of achievement, in the thrill of creative effort.” -Franklin D. Roosevelt

U is for Understanding

“Life is the first gift, love is the second, and understanding the third.” -Marge Piercy

V is for Vacation

“Laughter is an instant vacation.” – Milton Berle

W is for Well-being.

“It is essential to our “well-being,” and to our lives, that we play and enjoy life. Every single day do something that makes your heart sing.” -Marcia Wieder

X is for Hug.

“A hug is like a boomerang – you get it back right away.” -Bil Keane

Y is for Youth

“Youth has no age” – Pablo Picasso

Z is for Zest

“True happiness comes from the joy of deeds well done, the zest of creating things new.” -Antoine de Saint-Exupery