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This month's quotes are all about "*Happiness.*" I hope you will find them inspirational and helpful!

"Be happy for this moment. This moment is your life."

—Omar Khayyam

"Happiness is a choice. You can choose to be happy. There's going to be stress in life, but it's your choice whether you let it affect you or not."

—Valerie Bertinelli

"Every day we have plenty of opportunities to get angry, stressed or offended. But what you're doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you.."

—Joel Osteen



"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

—Buddha

"Perfect happiness is a beautiful sunset, the giggle of a grandchild, the first snowfall. It's the little things that make happy moment, not the grand events. Joy comes in sips, not gulps."

—Sharon Draper

"The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature."

—Marcus Aurelius



"I've realized through the years that I just find happiness in other things, whether it's my dogs or my friends or, like, looking at the sunset. So if I were to wish for something else, it would just to be happy all the time, to have a superpower of not letting things affect me, and to be true to who I am, always."

—Kylie Jenner

“If you want to be happy, be.”

—Leo Tolstoy

“If you want happiness for an hour – take a nap.
If you want happiness for a day – go fishing.
If you want happiness for a year – inherit a fortune.
If you want happiness for a lifetime – help someone else.”

—Chinese Proverb



““Don’t rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can’t love and respect yourself—no one else will be able to make that happen. Accept who you are—completely; the good and the bad—and make changes as YOU see fit—not because you think someone else wants you to be different.”

—Stacey Charter

“Folks are usually about as happy as they make their minds up to be.”

—Abraham Lincoln

“Learn to value yourself, which means: fight for your happiness.”

—Ayn Rand

“Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, kindness in your smile.”

—Mother Teresa

“I think and think and think, I’ve thought myself out of happiness one million times, but never once into it.”

—Jonathan Safran Foer

