

LESSON IN LIVING

HAPPY HABITS

Elma Allen Milano

Why do we focus so much on sad habits and not on happy ones? If we would substitute happy habits for sad ones, life would be more productive and pleasant. Let us list ten HAPPY HABITS:

Look for good
Pay sincere compliments
Smile, sing, and spread joy around
Remember names
Think to thank
Share with others
Post journal daily
Pray always
Practice fine manners
Listen well

If we would substitute healthy habits for unhealthy ones, we would increase our endurance. Let us list ten HEALTHY HABITS:

Drink a glass of lemon and water on arising
Drink at least 8 glasses of pure water daily
Breathe fresh air deeply and correctly
Maintain correct posture and body dynamics
Retire to bed early and arise early
Eat an abundance of fresh, in-season produce
Use whole grains as the staff of life
Refrain from drugs, sodas, sugars, and stimulants
Wash hands and practice good hygiene
Exercise regularly and keep fit

All we have to do is work on one habit at a time (like Benjamin Franklin did). Before we know it, we will be a “bundle” of happy, healthy habits which will not only save time and money, but will also bless lives. Won’t that be wonderful?

Try it, you’ll like it!

Elma is the 83-year-old founder of Milano Music Center and former member of the Mesa City Council and the National Speakers Association. Lessons in Living are gleaned from her teachings and experiences. The entire series may be found on intonmilano.com.