



## Society of Joy Spreaders Manifesto

- **Strive to cultivate happiness into a habit.**
- **If you have the ability to make someone happy, you should do it and make yourself happy in the process.**
- **Forgiving and forgetting is necessary for your own happiness.**
- **Kindness is contagious and multiplies exponentially.**
- **If you can change your internal dialogue, you can find many opportunities in life for growth.**
- **If you are grateful for what you have, you will find plenty to be grateful about.**
- **If you talk health, happiness and prosperity to everyone you meet, it will come back to you.**
- **Strive to live in the present, not worrying about the future or regretting the past.**
- **Spend time nurturing relationships with positive people in order to surround yourself with positive energy.**
- **Life is too short to be unhappy.**
- **Tenaciously focus on the bright spots in life; not only can your cup be half full, it can overflow.**

[www.societyofjoyspreaders.com](http://www.societyofjoyspreaders.com)