

The 10 Greatest Commandments of Real Happiness

By Daniel Ally

1. PRAISE GOD AND SHOW GRATITUDE BEFORE YOU START THE DAY.
 2. EXERCISE AND STRETCH AGGRESSIVELY AT LEAST FOUR TIMES PER WEEK.
 3. GO THE EXTRA MILE BY DOING FAR MORE THAN YOU'RE PAID TO DO.
 4. EAT WHAT YOU WANT OCCASIONALLY IF YOU EAT RIGHT CONSISTENTLY.
 5. QUIT DOING ANY JOB THAT DOESN'T ALIGN WITH YOUR PURPOSE.
 6. BE HONEST, FAIR, AND REASONABLE IN ALL OF YOUR DAILY AFFAIRS.
 7. EXPLORE NATURE, CULTURE, MUSIC, FOOD, ROMANCE, AND PEOPLE.
 8. JOURNAL DAILY AND RECORD ALL OF YOUR PAST SUCCESSES ON PAPER.
 9. WRITE YOUR LONG AND SHORT TERM GOALS DOWN EVERY DAY.
 10. CALL YOUR FRIENDS AND FAMILY AS OFTEN AS YOU NEED TO.
- BONUS: ALWAYS BENEFIT THOSE WHO CANNOT EVER BENEFIT YOU.**