

# The 2014 Happiness Calendar

Written by Timothy Houston

Wednesday, 25 June 2014 13:57

---



As you continue in your pursuit of happiness, remember that happiness is an intentional creation. Every day things happen that work contrary to your joy and contentment. As you move forward into 2014, you must be deliberate in your pursuit of happiness. Earlier this year, I shared the first half of the calendar, and with permission from the author, I would like to share with you an excerpt from the second 6 months of the happiness calendar written by Henry S. Miller, author of "The Serious Pursuit of Happiness."

## **July: A Month of Spirituality**

Studies have proven that people who have spirituality in their lives –are happier. I believe it is because of the combination of the fellowship of a caring group of like-thinking people and the spiritual beliefs themselves. This month, make a conscious effort to spend some moments each day – perhaps during lunch – praying at least one "prayer" or declaration of faith.

## **August: A Month of Health, Fitness, Skill**

Summer is a great time to focus on increasing your health and fitness – and on using your skills and abilities to their max. This month, begin some daily fitness regimen (check with your doctor first if needed) – even if it's only walking. In addition, make a list of your top skills, talents, and abilities and assess if you are using them to their fullest. If not, take one step per day to begin doing so.

## **September: A Month of Contribution**

Making a meaningful contribution to make the planet a better place is one of the longest-lasting,

## The 2014 Happiness Calendar

Written by Timothy Houston  
Wednesday, 25 June 2014 13:57

---

happiness-increasing strategies known. What are you contributing? This month is your chance to decide what difference you'd like to make in the world. Spend a few minutes each day at lunchtime and write down ideas about how you can make a positive difference in the world. At the end of the month, decide on a plan of action – and begin! The world needs you and your contribution!

### **October: A Month of Savoring**

Fall is a season to enjoy the changing foliage in many parts of the world. Consciously spend at least five minutes each day focusing your attention exclusively on something of beauty outside – changing leaves, trees, clouds, sky – something. Five minutes of complete attention to savor the beauty of life around you – each day, every day.

### **November: A Month of Forgiveness**

Forgiveness is a powerful, although a slightly more complicated, happiness strategy. We forgive others to make us feel better. This month, examine your life and see if there are any lingering resentments you are holding on to that are holding you back from joy. If so, do two things:

First, write the apology letter you would have liked to have received from the person who has wronged you. Second, rise above your desire for revenge, and write your letter of forgiveness to them. No need to mail it, just recall the hurt or violation, write about your feelings. End the letter with your statement of forgiveness. Just this simple act of writing a forgiveness letter can often grant you freedom from your negative thoughts and give you increased happiness.

### **December: A Month of Generosity**

The end of the year is a time for giving – a time to donate your time, your money if you can, your skills, your positive energy, your attention – to others to help make their life a little better. Each day, find one opportunity to give something of yourself to help another – and notice your feelings.

The happiness calendar is a great tool to help you focus on the things that are in your circle of influence and control. Save this article and cut out the activity for each month. Attach them to your 2014 calendar and build action items around each month's theme. Remember, happiness is an intentional creation, and 2014 can be a great year if you stay focused on the things that bring you happiness.

*Timothy Houston is an author, minister, and motivational speaker who is committed to guiding positive life changes in families and communities. To get a copy of his books, or for questions, comments or more information, go to [www.tlhouston.com](http://www.tlhouston.com).*