

A Sure Way to a Happy Day

Happiness is something
we create in our mind,
It's not something you search for
and so seldom find.

It's just waking up
and beginning the day,
By counting our blessings
and kneeling to pray.

It's giving up thoughts
that breed discontent,
And accepting what comes
as a "gift heaven-sent,"

It's giving up wishing
for things we have not,
And making the best of
whatever we've got.

It's knowing that life
is determined for us,
And pursuing our tasks
without fret, fume or fuss.

For it's by completing
what God gives us to do,
That we find real contentment
and happiness, too.

- Helen Steiner Rice

A Sure Way to a Happy Day

Happiness is something
we create in our mind,
It's not something you search for
and so seldom find.
It's just waking up
and beginning the day,
By counting our blessings
and kneeling to pray.
It's giving up thoughts
that breed discontent,
And accepting what comes
as a "gift heaven-sent,"
It's giving up wishing
for things we have not,
And making the best of
whatever we've got.
It's knowing that life
is determined for us,
And pursuing our tasks
without fret, fume or fuss.
For it's by completing
what God gives us to do,
That we find real contentment
and happiness, too.

- Helen Steiner Rice

A Sure Way to a Happy Day

Happiness is something
we create in our mind,
It's not something you search for
and so seldom find.
It's just waking up
and beginning the day,
By counting our blessings
and kneeling to pray.
It's giving up thoughts
that breed discontent,
And accepting what comes
as a "gift heaven-sent,"
It's giving up wishing
for things we have not,
And making the best of
whatever we've got.
It's knowing that life
is determined for us,
And pursuing our tasks
without fret, fume or fuss.
For it's by completing
what God gives us to do,
That we find real contentment
and happiness, too.

- Helen Steiner Rice

A Sure Way to a Happy Day

Happiness is something
we create in our mind,
It's not something you search for
and so seldom find.
It's just waking up
and beginning the day,
By counting our blessings
and kneeling to pray.
It's giving up thoughts
that breed discontent,
And accepting what comes
as a "gift heaven-sent,"
It's giving up wishing
for things we have not,
And making the best of
whatever we've got.
It's knowing that life
is determined for us,
And pursuing our tasks
without fret, fume or fuss.
For it's by completing
what God gives us to do,
That we find real contentment
and happiness, too.

- Helen Steiner Rice

A Sure Way to a Happy Day

Happiness is something
we create in our mind,
It's not something you search for
and so seldom find.
It's just waking up
and beginning the day,
By counting our blessings
and kneeling to pray.
It's giving up thoughts
that breed discontent,
And accepting what comes
as a "gift heaven-sent,"
It's giving up wishing
for things we have not,
And making the best of
whatever we've got.
It's knowing that life
is determined for us,
And pursuing our tasks
without fret, fume or fuss.
For it's by completing
what God gives us to do,
That we find real contentment
and happiness, too.

- Helen Steiner Rice

A Sure Way to a Happy Day

Happiness is something
we create in our mind,
It's not something you search for
and so seldom find.
It's just waking up
and beginning the day,
By counting our blessings
and kneeling to pray.
It's giving up thoughts
that breed discontent,
And accepting what comes
as a "gift heaven-sent,"
It's giving up wishing
for things we have not,
And making the best of
whatever we've got.
It's knowing that life
is determined for us,
And pursuing our tasks
without fret, fume or fuss.
For it's by completing
what God gives us to do,
That we find real contentment
and happiness, too.

- Helen Steiner Rice

A Sure Way to a Happy Day

Happiness is something
we create in our mind,
It's not something you search for
and so seldom find.
It's just waking up
and beginning the day,
By counting our blessings
and kneeling to pray.
It's giving up thoughts
that breed discontent,
And accepting what comes
as a "gift heaven-sent,"
It's giving up wishing
for things we have not,
And making the best of
whatever we've got.
It's knowing that life
is determined for us,
And pursuing our tasks
without fret, fume or fuss.
For it's by completing
what God gives us to do,
That we find real contentment
and happiness, too.

- Helen Steiner Rice