**THOUGHT FOR THE DAY**

**WEEK BEGINNING 19TH MARCH 2018**

**KEY WORDS FOR CONSIDERATION: HAPPINESS; WELLBEING; SPIRITUAL; MATERIAL**

**WELLBEING TASK OF THE WEEK: Think of a positive thought about yourself, and remind yourself of it every day.**

**PRAYER TO BE REPEATED EACH DAY: Lord, help me to adopt a positive approach to life. Amen.**

1. International Day of Happiness

*In 2012, the United Nations (UN) declared March 20 to be observed as the International Day of Happiness.*

International Day of Happiness is March 20March 20 will be celebrated as the International Day of Happiness every year.

Aim

The day recognizes that happiness is a fundamental human goal, and calls upon countries to approach public policies in ways that improve the well-being of all peoples.

By designating a special day for happiness, the UN aims to focus world attention on the idea that economic growth must be inclusive, equitable, and balanced, such that it promotes sustainable development, and alleviates poverty. Additionally the UN acknowledges that in order to attain global happiness, economic development must be accompanied by social and environmental well-being.

Background

The initiative to declare a day of happiness came from [Bhutan](https://www.timeanddate.com/worldclock/city.html?n=690) – a country whose citizens are considered to be some of the happiest people in the world. The Himalayan Kingdom has championed an alternative measure of national and societal prosperity, called the Gross National Happiness Index (GNH). The GNH rejects the sole use of economic and material wealth as an indicator of development, and instead adopts a more holistic outlook, where spiritual well-being of citizens and communities is given as much importance as their material well-being.

Why do you think the people of Bhutan are so happy?

1. ‘*Human beings can alter their lives by altering their attitudes of mind.’*

William James – The Power of Positive Thinking

Our thoughts affect our attitudes and how we feel about ourselves. If we have negative thoughts about ourselves we may be sad. If our thoughts are positive, we are more likely to be cheerful.

Every time we criticise, blame, put down or judge ourselves, we can simply replace those thoughts with fresh, positive and energising ones.

Positive thoughts can alter our lives.

Think of an example of a positive thought about yourself.

1. *Do not hold mental pictures of difficulties and failures, but lift your mind above them and visualise powers and achievements.*

Norman Vincent Peale – The Power of Positive Thinking

We can choose how we look at situations. Our perceptions depend on our point of view. When we see a half-filled glass of water, we have a choice to see it negatively and consider it ‘half-empty' or positively and see it as ‘half-full.’ We can hold negative images in our minds which pull us down or positive images which lift us up.

We can choose.

What are you going to choose today?