



A couple of Fridays ago, I was riding through a town I know very little about. It is called, Munford, Alabama. I was sort of lost (I could not get completely lost, no matter how hard I tried) and it seemed that at each turn I was crossing this rail road track. It was starting to get dark, and sadly, few pictures had made it into the memory of my camera.

Then it happened! Just like it does so many times; I stopped chasing after a "Pretty" picture and started really looking at what was right in front of me and found something that truly spoke to me. Many times we look down our noses at the common, everyday things that make up our lives, in search for the new, the shiny and spectacular.

We convince ourselves that if we can live in a new house, buy a new car, find a new mate, we will finally find happiness. Yet after we acquire the desired object, happiness still eludes us. Why? Because, life is a journey, not a destination; and happiness is not "there" but here; not tomorrow, but today. Contentment is not found where you live but how you live.

We have to make up our mind that no matter what life has brought to us, at this moment, we are going to enjoy it. Remember, the city of happiness is in the state of mind. Determine in your heart that today, you are going to live your life and squeeze every drop of enjoyment out of it. Your possessions are yours to enjoy, your friends and the people you meet today ought to feel special. Today, you can be happy. Happiness is a choice. What about it? What do you have to lose?

**Something to remember:**

- ❖ The foolish man seeks happiness in tomorrow, but the wise man finds it today.
- ❖ Usually people are as happy as they make up their minds to be.
- ❖ The really happy man is the one who can enjoy the scenery even when he has to take a detour.
- ❖ It isn't our position but our disposition that makes us happy.
- ❖ Happiness consists of living each day as if it were the first day of your honeymoon and the last day of your vacation.
- ❖ Speed is not everything—direction counts.
- ❖ Some men succeed because they are destined to, but most men succeed because they are determined to.

Enjoying the view in Munford

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