

What you give determines how happily you live

Too often we determine the quality of our life by how happy others made us, by how happy we have been. To become genuinely happy, measure the quality of your life by how happy you helped other people to be. Be generous, give freely of yourself, with no sense of expectation.

When you start giving out of a sense of joy you will find that you have an immense capacity for enriching the lives of those people that you come into contact with on a daily basis.

Giving is not only limited to material goods, in fact, they are but a minor portion of the value that you give or can give every day. The greatest gifts that you can give cost nothing but benefit both the giver and the receiver immensely.

Give a smile, a kind word, love, sympathy, friendship, a sense of hope, a joke, attention, respect. Always try to leave the people you meet more positive about themselves and about life, than when you met them.

You have immense capacity for doing good and making a difference. Start by giving. Giving freely and joyously.

Have a competition with yourself, see how many people you can positively influence today. Remember you cannot do unto others without doing unto yourself. If you spray perfume onto someone you also get to enjoy the scent.

As you increase the level and quality of your giving you will be amazed at how much you receive in return, because "What you give determines how happily you live."