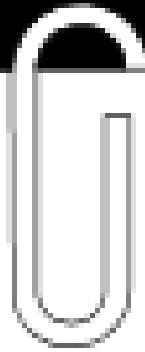


# memo:



## Learn to Be Happy

Rabbi Zelig Pliskin

Daily Lift #501

Preface to *Gateway to Happiness*

<http://www.aish.com/sp/dl/46121852.html>

**H**appiness is a skill that can be learned. The essential factor whether or not you will live a happy life is based less on external factors such as wealth, success and fame, and more on your attitude toward life, toward yourself, toward other people, and toward events and situations. Regardless of your attitudes in the past, you have the ability to change and become a master of happiness.

Today is the best day to improve your skills. Either things will go *exactly* the way you want - and then you can focus on the feeling of joy. Or things will *not* go the way you want and you'll have the opportunity to attain greater mastery over your attitude.

Throughout the day, keep asking yourself: "What attitude will enable me to experience joy and empowerment *right now?*"