



Secrets To Being Happier

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The Perfect Valentines' Day Present!

It's February, the month to celebrate love and relationships! Instead of giving the typical gifts this year, give a gift that is far better than flowers and candy (yes, even better than chocolate!). Give a gift that will transform your relationships in an amazing way.

The perfect present for this Valentines' Day is a pair of rose-colored glasses. With rosy-tinted glasses, instead of seeing all the things that are wrong with others, as we often get in the habit of doing, you will see all the things that are right.

You will be able to clearly focus on your loved one's endearing qualities as your view of their exasperating traits fades. By changing your focus slightly, you will make a huge difference in your relationships!

So, in celebration of Valentines' Day:

1. Start looking for everything that is right about your loved ones. Notice the qualities that you admire, enjoy, love, and appreciate. And then stay focused on all the endearing characteristics of those you care about the most.
2. Everyday, acknowledge what others are doing right. Tell your loved ones all the things that you appreciate and love about them. Remind them of their past accomplishments and celebrate even their smallest victories and successes. Don't let a day go by without telling each loved one at least three things that you value about them.
3. Just for February, overlook the annoying behaviors and characteristics in others. Keep all your negative little comments and criticisms to yourself. This can be the most challenging part! So, if you need to, bite your tongue, lock yourself in the car and scream, or write down all the negative things you really want to say. Just try it...and see what happens!

For this Valentines' Day, view your loved ones through rose-colored glasses and give them the most perfect present of all. Give them the gift of appreciation.

Happy Valentines' Day!

"The deepest principal in human nature is the craving to be appreciated."
William James

"There is more hunger for love and appreciation in the world than for bread."
Mother Teresa