

I encourage you to choose happiness

Good morning, fellow teachers & students,

Today, I would like to share with you about happiness. Happiness is a wonderful feeling that brings joy and magic into our lives. It is like a magical medicine that can heal our hearts and make us feel good. When we are happy, we radiate positivity and spread that happiness to others.

The Bible says, "A joyful heart is a good medicine, but a crushed spirit dries up the bones" (Proverbs 17:22). This means that when we are happy, it is like a healing balm for our souls. It makes us feel alive and full of energy. But when we are sad and discouraged, it can drain us and affect our overall well-being.

So, each of us needs to find what makes us happy. It could be spending time with loved ones, pursuing our passions, or practicing gratitude. When we prioritize our happiness, we become healthier and more fulfilled individuals.

Today, I encourage you to choose happiness. Start your day with a smile, spread kindness to others, and embrace the things that make you feel alive. Remember, happiness is contagious, and by being happy, you can inspire those around you.

Wishing you all a joyful and fulfilling day ahead. Thank you!