

Green and Slimy

“Love is like seaweed;
even if you have pushed it
away, you will not prevent
it from coming back.”

—Nigerian proverb

Love Letters

Not just for romance, you can write a love letter to almost anyone. Try writing a letter full of love to your favorite aunt, or a writer you admire, or even yourself! You could also send a letter to a perfect stranger who might need some love and support—someone serving in the military, or recovering from a natural disaster, or coping with a loss.

Happiness is all around us. We can't create it and we can't micromanage it. You can't force yourself to be happier. You can only discover it. The best way I know to do that is to put yourself in the path of happy accidents by doing what you love with purpose and staying open and aware to the possibility of happiness beyond your wildest dreams. Too often we hide away the treasure of our own happiness as if there's a limited supply, and we forget that life will bring plenty more for us if we only let it.

Seeing Anew

There are plenty of magic tricks and scientific studies that prove that if we expect to see something, that's pretty much what we'll see, even if it's not really there. The same thing happens in our lives: we see the same thing every day, and we shut off the part of ourselves that's on the lookout for the new and interesting, so sometimes we pass it by altogether. can you vow to see something new every day?

Efforts and Results

Sometimes you give it your all and still come up short. Sometimes a well-placed single burst of energy pays huge dividends.

The “Aha!” Moment

Whether in science, art, poetry, history, or anything else, there is magic in new discoveries. Research has found that the majority of discoveries, even those that seem to come out of the blue, come from rearranging information that is already well known. It's like taking a thousand-piece puzzle and assembling it all out of order and yet ending up with a perfectly clear picture no one's ever seen before. Eureka!

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