

Our **Mission Australia** values are crucial to all we do, knowing that we are, *as the Gospel says*, called to feed the hungry, welcome the lonely and meet human need where it is found.¹ Along these lines, we make choices everyday to **work towards a fairer Australia** and we do this by making **empathic, respectful choices**. Now this isn't always easy nor for the faint-hearted so our values are based on staying the course as we notice, care for and encourage each other and especially, care for clients. Such values too as *enacted* each day are to be found amongst people of goodwill everywhere. Not surprisingly then, the Australian-based *Happiness Institute* also speaks of good choices, attitudes and actions.

Recognising that some things are beyond our immediate control, nevertheless here is an extract from a recent article offered in terms of “self care” and to assist us in our own choices to stay the course:-

Choose to be happy now!

“...The Happiness Institute, specifically chose the word “choose” because each of its letters stands for one of key happiness strategies.

- **C = Clarity (of goals, direction and life purpose)**

Happy people set clear goals and determine clear & specific plans to ensure these goals become reality. So clarify your life plan now (because no one else will do it for you!). *(Peter DM comment - I would add that we certainly can offer help and actively support clients in this area)*

- **H = Healthy Living (activity & exercise, diet & nutrition, and sleep)**

Health forms a crucial part of the foundation to happiness. It's hard to be happy if you're literally sick & tired all the time. So do whatever you can to be healthy and you'll also boost your chances of being happy.

- **O = Optimism (positive but realistic thinking)**

There's no doubt that happy people think about themselves, others and the world differently. Among other things, they search for more positives. The good news is that this is something you can learn to do so start practicing now.

- **O = Others (the key relationships in your life)**

Research strongly indicates that happy people have both more and better quality relationships. So make sure you devote time to developing and fostering your key relationships.

- **S = Strengths (your core qualities and attributes)**

Rather than spending all their time trying to “fix” their “weaknesses”, happy people spend more time identifying and utilising their strengths. Find out what you're good at and do it as much as possible.

- **E = Enjoy the moment (live in, and appreciate the present)**

The past is history, tomorrow's a mystery, and today's a gift – that's why they call it “the present”. Live in the moment and enjoy life more....”



<http://www.thehappinessinstitute.com/default.aspx>

Have a “good choice week” – and God bless

Peter

(Rev. Peter Devenish-Mearns)

Used with permission. <http://www.thehappinessinstitute.com/freeproducts/docs/CHOOSE%20handout%20summary.pdf>

¹ Jesus says "I HAVE COME THAT THEY MAY HAVE LIFE AND HAVE IT TO THE FULL." John 10:10