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***The Constant Happiness
Gratitude Journal.***

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*How to make a simple change
that will dramatically increase
your happiness.*

THE CONSTANT HAPPINESS GRATITUDE JOURNAL



Created by
**DOUGLAS
GOLDSTEIN, CFP®**

#00081

**THE CONSTANT
HAPPINESS
GRATITUDE JOURNAL**

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How to make a simple change that will
dramatically increase your happiness

Created by Douglas Goldstein, CFP[®]



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For my wife, for whom
I am grateful every day

QUICK-START VIDEO

The following pages explain the idea behind the Constant Happiness System™ and give instructions for how to get the most from this book.

If you'd prefer a quick-start video guide, go here:
www.Constant-Happiness.com/quickstart



HOW TO FIND THE PERSON WHO CAN MAKE YOU HAPPY

Think about the classic movie scene where a man proposes marriage to his girlfriend and says, "I'll always make you happy." Although he feels deeply for her, he's making an empty promise. No one can "make" someone else happy. You can love others, buy them gifts, keep them clothed and fed, but you can't *make* them happy. They themselves are the only ones who can make themselves happy.

Consider the Hollywood stars and great athletes whom everyone loves, but they nonetheless suffer from depression, turn to drugs and alcohol, or worse. Don't all their friends, families, and fans make them happy? No. These cultural icons must take responsibility for their own happiness, but they just don't know how.

Now consider a spoiled kid, someone who gets everything he demands from his parents. Really, his parents want to make him happy, but they go about it the wrong way. All the belongings the youngster collects... electronics, toys, cars, and great clothes... don't make him happy. They just spoil him, and spoiled people are rarely happy. In fact, they're usually pretty angry. No matter what the parents do, they cannot *make* their spoiled son happy.

Consider, as well, what happens when that child grows up. When parents raise children who lack appreciation, the next generation eventually becomes a society of unhappy grown-ups.

There is only one person who can make you happy
— **You.**

This gratitude journal is the fastest way to get you
on track, and all you need to know is one thing....

GRATITUDE IS THE KEY TO HAPPINESS

If you learned to say “thank you” when someone was nice to you, you parroted an appropriate response. You acted in a socially appropriate manner, which is important, but you missed out on true gratefulness.

Gratitude means thinking about something that you have and truly appreciating how it is helping you.



As you get better at gratitude, you'll find layer upon layer of goodness within everything. Consider, for example, the pizza you can have delivered to your home right now. Each day, Americans enjoy over 8,000,000 pizzas, and you can have one appear at your front

door in a matter of minutes. Think about that miracle. You pick up your cell phone (an invention itself for which you should feel grateful) and it magically connects you with some guy who's going to prepare a meal for you exactly how you like it. He already has the oven hot, the cheese shredded, and various toppings from which you can choose.

Each step along the way is worthy of appreciation. He spins the dough in the air, rolls it out, covers it with sauce, and that's just the beginning. When the pizza comes out of the oven, he'll slide it into a box, which was manufactured in a multi-million dollar factory.

Then your pizza will ride directly to you in an insulated container on the back of a motorcycle.

If you consider all the parts of the pizza creation sensation, then even if the cheese has slid off the pizza en route to you, you'll still be happy. Allowing yourself to open your eyes to the hundreds of micro steps that happened to get you your pizza will make it simple for you to close your eyes to a small problem.

You yourself will have made yourself happy. The pizza guy didn't improve your mood; he was just helping with one of the steps along the way. You were the one who recognized all the goodness that happened for you, and appreciation is the key to happiness. The more good you can see, the happier you will be.

WHY DO PEOPLE GET ANGRY QUICKLY BUT HAPPY SLOWLY?

For folks who haven't yet developed the habit of constant happiness, it may seem impossible to always spot good points in life. After all, it takes time and consideration to discover something positive.

Right?

Not at all. In the same way that individuals can instantly find fault, they can just as quickly recognize the good.

Imagine how furious you might become if someone sneaks in front of you into *your* parking spot. In a second, you'll go from calm to crazed. Your emotional state is quite pliable. But why always bend towards the negative? Instead, why not say to yourself when you successfully find another parking spot, "It's amazing how there was a place for my car on a paved parking lot, with plenty of room on both sides, and I can even back in without a problem." That's three good things in one sentence, but that's not all. For someone who is in the habit of finding the positive, the "list of good" in that one experience of parking the car can easily become ten or twenty lines long.

Visualize yourself in the position of simply parking your car in the lot of the mall. Try to think of some good points that exist at that moment. Take a look at this list and see if you have any thoughts in common. There is no right or wrong here, but quantity does matter. The more you can think of, the better.

As I park my car, I am grateful that...

1. I know how to drive.
2. I have a car that gets me from one place to another.
3. I have gas in my car.
4. The air conditioning is working well, and even though it's hot outside, I am comfortable.
5. Some engineer designed the air conditioning and it keeps me cool even though I have no idea how it works.
6. Someone planned this parking lot, too, with enough room for my car.
7. Almost everyone here parked between the lines, so I feel like I live in an orderly society.
8. I like the color of my car.
9. I've got a credit card in my wallet so I can buy what I want in the mall.
10. There is a mall only 15 minutes from my house and there are lots of stores in it.
11. There are restaurants in the mall, too. I can eat to my heart's delight.
12. The floors in the mall are clean because someone is in charge of that.
13. There are bathrooms with toilets that flush.
14. The sinks work. Running water is awesome. I just turn the faucet on and... Voila! Water!
15. I can sit on the massage chairs in the store that has all the neat gadgets that I don't need... but that I adore.
16. The stores in the mall are fully stocked, which means I can buy pretty much anything I want.
17. The clothing stores sell items in many different colors, so I can match my socks to my shirts. I don't need to do that, but I like the look.
18. I can see colors. My eyes are working today.
19. In fact, my legs are working, too, allowing me to walk around the mall.

20. My shoes are comfortable, so walking doesn't hurt.

It's not hard to write a list like this. How did it go for you? Some may think that a gratitude list that starts with parking your car is silly, but ask yourself this: What if I didn't have any one of these things on the list? What if my car had no gas, or the bathrooms didn't function, or the shelves in the stores were barren, or if my eyes or legs didn't work right? See how easy it is to conceive of a bad scenario? Why not flip your outlook and focus on the good?

How to deal with small problems

If you had a week to live, would you really want to sap your life force by cursing at the bad weather, paying to fix the scratch in the dining room table, or yelling at the credit card company representative because Amazon declined your payment? Of course not....

You'd smile at your children so they would remember you as warm and loving; you'd take a walk on the beach with your spouse so you would have put one more loving experience in both of your hearts; you'd drink your coffee a bit slower to enjoy the aroma. You would appreciate what you had because that would make you happier.

Why not start now, since who knows the amount of time that you – or anyone – has left. Since a *little* gratitude can make you a *little* happier, crank it up with *constant* gratitude. That will make you *constantly* happy.

HOW TO USE GRATITUDE TO CONQUER TRAGEDY AND MAKE YOURSELF HAPPY

You can't control your first thought, but the second one you can. When something crummy happens in your life, you're only human, so it might bother you. In other words, certain stimuli can cause you to have a negative reaction immediately. However, what happens a moment later is up to you. No longer surprised by whatever just happened, you now can choose your response. Instead of slipping into a pessimistic mindset, intentional optimism can actually reprogram the way you react so that your *second thought* will be positive.

If you have the habit of being angry, lots of triggers exist to make and keep you grumpy all the time. Angry people often feel that such-and-such "ruined my day." Why does the whole day have to get ruined just because the dentist X-rayed your teeth, or the cashier gave you change for \$10 instead of \$50, or your spouse left dirty dishes in the sink?

Anger can be fleeting, but only if you are in the habit of letting it go. In the same way, though, happiness can wrap around you all day like a warm scarf in the winter, but only if you get in the habit of putting it on.

One of the best books on not staying angry is *The 7 Day Mental Diet* by Emmet Fox. The book challenges readers to spend a whole week without harping on the negative. Fox writes:

The most important of all factors in your life is the mental diet on which you live. It is the food that you furnish to your mind that determines the whole character of your life. It is the thoughts you allow yourself to think, the subjects that you allow your mind to dwell upon, which make you and your surroundings what they are....

This then is your prescription. For seven days, you must not allow yourself to dwell for a single moment on any kind of negative thought. You must watch yourself for a whole week as a cat watches a mouse, and you must not under any pretense allow your mind to dwell on any thought that is not positive, constructive, optimistic, kind. This discipline will be so strenuous that you could not maintain it consciously for much more than a week, but I do not ask you to do so. A week will be enough, because by that time the habit of positive thinking will begin to be established.

Follow Emmet Fox's prescription and you can form the habit of never staying angry. (For a free copy of the complete text of *The 7 Day Mental Diet*, go to www.Constant-Happiness.com/diet.)

At the same time, build the habit of recognizing the good happening all around you every minute of the day. By noting the good, including even the very smallest things (e.g., I like the smell of my hand lotion, the door lock turned effortlessly, there's milk in the refrigerator), you create the habit of always seeing the good. Certainly sounds like a better attitude than always seeing the bad, no?

COMMIT TO THE PROCESS OF GRATITUDE AND MAKE HAPPINESS A HABIT

Since habits influence around 95% of your daily activity, the best way to increase your happiness is to train your unconscious mind to think positively. Ultimately, if you follow the Constant Happiness System™, you will develop the habit of gratitude, which means you won't need to struggle for joy all the time. You will just naturally feel better.

The difference between habits and goals is that habits dictate what you do all the time; goals, on the other hand, require consistent dedication, focus, and effort. As best-selling author of *Atomic Habits*, James Clear, explains, "Goals can provide direction and even push you forward in the short-term, but eventually a well-designed system will always win." As systems go, make gratitude a habit and you will win the reward of happiness.

Paying attention to something small, like enjoying the smoothness of the skin of a piece of fruit or snuggling with a comfortable pillow, will make you a powerhouse of appreciation, but only if you focus on finding the good throughout the day. Bruce Lee famously said, "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." The martial arts expert's lesson is that repetition is a critical component of mastery. You can't just decide you will be grateful all the time; you actually have to do it over and over. Writing down every little positive idea here will be like practicing the gratitude kick 10,000 times.

THE REASON MONEY DOESN'T MAKE YOU HAPPY AND WHAT MAKES LIFE WORTH LIVING

If you've achieved a lot over the years, you might say, "I don't need to write all of this down since my life is going pretty well." First of all, that's great that you can recognize the positive. But are you feeling fulfilled? Not to belittle success, but there's a trick to building a business or a career: work hard. You can feel proud that you know how to do that. However, just because you've made it to a certain financial realm, that doesn't mean you experience inner contentment. Your income and net worth won't determine your level of life satisfaction. There are plenty of miserable rich people and lots of happy poor people.

A life worth living consists of two important parts, growing and giving. The fastest way to get on the path to actually feeling good about yourself every day is to have gratefulness for all that's around you (that's how you grow), and then sharing your appreciation with others. If you can't appreciate what you have now, like family and friends, eye glasses, air to breathe, fingers that you can control, the view of the sky, then having more money and more toys won't make you a drop happier. In fact, it would make you more despondent because you would realize that even with all the great stuff you have, you still don't know how to be happy, and that's a tragic failure.

HOW TO USE THIS JOURNAL

Here's why the Constant Happiness System™ is unlike any other gratitude method. Others ask you to think of complex questions and really spend a lot of time analyzing your thoughts. There is nothing wrong with doing that, and it can help you achieve the same purpose that the Constant Happiness System™ does, but it takes much, much longer and you're likely to quit early on because you won't see progress.

Examples of gratitude journal questions that require too much time and effort to answer:

- What artist, author, or musician are you grateful for?
- What were your three best days? Write a paragraph about each one.
- What's something that you are grateful to have today that you didn't have a year ago?
- List the top ten stressors in your life. For each one, write what good can come from it.



These are all fine ideas, but they require a lot of time and mental processing. They would serve as great questions for a college application essay or perhaps for signing up for a dating site. But the **Constant Happiness System™ (CHESS)** is like the game of chess; it's all about the tactics. Chess players who are excellent at tactics usually beat most

of the opponents with whom they play. That's because it's the small, quick moves that really matter. People dedicated to changing their worldview so that they can literally start to be happy in a matter of minutes must know how to spot things immediately for which they are grateful. They don't need to write long articles about their philosophy. They just need a simple "nuts and bolts" approach to fortify their delight. In fact, you've got all the tools you need right now....

YOUR FIVE SENSES: SEEING, HEARING, SMELLING, TOUCHING, TASTING



Gratitude journals normally ask you to write once a day, but people who do that complain that they can't remember much about what happened or that they write the same thing over and over and it's boring. With the Constant Happiness System™, you won't end up feeling that way because you are persistently recognizing the good going around you... all day.

How often do people forget what they ate for breakfast? It happens all the time because they were hardly present at the meal. They were clicking on their phones or thinking about work, and they simply ate by rote. You experience the same forgetfulness when trying to recall good events that happened. For example, when writing at night, who would remember washing up in the morning? Just think how awesome it is that you had a towel in the bathroom this morning to dry your face. Someone had to pick the cotton, another had to weave the cloth, a designer and producer had to put the whole thing together, and many others were involved in transporting it to the store so you could buy it. Pretty amazing, and we should all be grateful for our bathroom towel. But we hardly notice it, unless it's not there! At the end of the day, though, there's no way you'll remember to

include that in a gratitude journal, even though it really belongs there. Moreover, when you're tired and ready for bed, do you really want to take 10 or 15 minutes to start writing a long daily review? That's why you should focus on constant happiness. The moment you can identify something as good, write it down.

Never postpone gratitude. Your happiness, derived from appreciation, improves your life and the lives of those whom you touch. Imagine if you could distribute food to the hungry, medication to the sick, or a smile to the lonely. Would you say, "Wait until this evening. I'll have some downtime then when I can help."? Of course not. Every moment of delay causes harm. The sooner and more frequently you recognize the good, the happier you will become, and the more you'll help those around you.

Think about this: Your attitude is contagious. Is yours worth catching?

IT'S EASY AND QUICK TO FOCUS ON CONCRETE EXAMPLES

Using your five senses to unwrap the gifts that life gives you means that everything you appreciate will be concrete. "I am grateful that my bed has smooth sheets" is specific, quick to see, and important. "I love democracy" is great, for sure, but not too concrete. There's no problem with someone recording those thoughts, but instead of just appreciating a governmental configuration, dive in with a tangible example like, "I voted in an election and no one told me whom I had to choose."

It doesn't matter if you write a paragraph or even a sentence, though you can if you like. Carry this book with you at all times, and every time you can identify something good, jot down a few words.

If a bird caught your eye, write down plainly, "pretty blue bird." The point here isn't to win an award for your writing skills. It's to get you to constantly recognize all the good that frequently gets overlooked.

Sometimes you might not be able to record a note, like if you're in a meeting or on a date. No problem. You don't need to go back and fill in what happened, though you can if you like.

You'll quickly discover that there's so much going on around you that's good that you won't even be able to keep up recording it all. That's OK. In fact, that is the point of the Constant Happiness System™. It's meant to push you into a state of continual gratitude, because those who appreciate the world around

them are joyful people, kind and generous, and have happier relationships.

Just keep writing. The goal is to create a stream of consciousness where you record whatever good comes to mind. Let your mind wander. Look around. Touch something. Breathe deeply. Do anything to inspire yourself to notice good things around you. If you see something you don't like, just skip over it, and get right back to writing anything positive. It could be a word, a phrase, a poem, even a doodle! As Ernest Hemmingway said, "There is no rule on how to write. Sometimes it comes easily and perfectly: sometimes it's like drilling rock and then blasting it out with charges." Whatever works for you!

Ready to get rolling?

FREQUENTLY ASKED QUESTIONS



How can I write in the journal if I don't like using pen and paper? Although this book is set up to allow you to record your feelings, you do not actually need to write by hand. This is great news for those who prefer using their cell phones or computers to compose everything. If typing or dictating trumps handwriting for you, here are a few popular apps: Evernote, OneNote, Apple Notes, Google Keep, Drafts, Simplenote, Dropbox Paper, or else just use a document in Microsoft Word.

When is a good time to start? If you could go back in time and be a happier more appreciative person, wouldn't you do that? Well, since you can't start in the past, you may as well get going right now. Really, now. Make the decision to make yourself into a happier person. By choosing right now to focus on gratitude, which will start making you happier immediately, think where you'll be next week, next year, and even in ten years. No one on his deathbed ever said, "I think I spent *too much* time being happy."

How long do I need to do this until I see results? Although you will probably start to feel changes inside after you have been at it for just a few minutes or hours, you'll certainly see dramatic improvement within a week.

Do I need to keep up the journal forever? Writing in this book will change your ability to observe the world. You'll become a person who always sees good. It will feel as though a switch has been flipped and the whole world will just look brighter. That effect will last long after you stop. If you write relentlessly for one week, you will have already achieved 80% or more of the success you can expect from this book. If you keep it up for a month, that's even better. But you don't need to write everything down forever. You will eventually get to the point of feeling overwhelmed, but not in a bad way. Quite the opposite! All of the goodness in the world will envelope you, like a wave, always pushing you to a happier state of mind. After you have completed your initial period of transformation, then occasionally pick up the journal and use it for a day or two at a time just to reinforce the habit of being positive.

What if I can't think of something to write? If you find yourself getting stuck, go back to the basics. Use your five senses (seeing, hearing, tasting, touching, smelling) to get you on track. Inhale deeply... what do you smell? Write that. Or listen to the sounds around you and discover what good you can hear. If you don't hear any sounds, that could be good, too: "I don't hear anyone complaining now," is recognition of the good. Cycle through your different senses and you'll return to the Constant Happiness System™ in just moments, writing plenty in your journal.

How can writing in this journal help me if I am depressed? There is a big difference between sadness and depression. Everyone gets sad sometimes, since it's a human emotion. Usually some trigger will cause unhappiness, like a break-up, loss of a job, failing an exam, or an argument. After some time, a good cry, or a conversation with a friend, the sadness normally fades. Writing in a gratitude journal is another great way to deal with sadness. On the other hand, depression is different. Depression is a mental illness that can't just be pushed away. Millions of individuals suffer from depression, and this can cause them to feel down about everything. Depression doesn't require a specific trigger. If you or someone you know presents signs of depression like being irritable most of the time, losing interest in activities that you used to like, significantly changing weight or appetite, feeling low energy, guilt, or worthlessness, or thinking about dying or suicide, make sure to get professional help right away. Happiness is not the opposite of depression, so using a gratitude journal that is designed to make you happy will not solve the problems of clinical depression.

What about when something truly awful happens, like losing a job or a friend, or suffering a major financial setback, or heaven forbid, someone I love getting sick or dying?

Consider some of these tools when dealing with major setbacks.

- Remember the good things: Bad things happen *sometimes*, and we cannot always stop them. However, although you cannot control what the world lays on you, you can control how you respond. When someone dies, does it help to focus on the tragedy, or is it better to remember all of the positive traits and happy memories about the person? If you lose money in the stock market, stewing in misery won't help you reclaim your losses. It's true, no one wants to lose money, but someone in the habit of always finding good in the world will recover emotionally much more quickly than someone whose first... and second, and third... response is to get angry. The anger will only spread, affect the original person, then his family, friends, and others around. Anger will also stop him from making wise decisions about future investments. Many academic studies have shown that happier people make more money than their irritable counterparts do.
- Talk to others: Those who experience tragedy often feel alone, like no one understands them. Seek out friends, family members, community or religious leaders, or professionals with whom you can have a meaningful conversation. After those talks, you may find yourself feeling happier. And, of course, you'll then have more reasons to be grateful that you can record here.

- Explore your creativity: Many who have dealt with hard times have found comfort in engaging in creative outlets like art, music, writing, and more. Try drawing a sketch sometimes here if you find you prefer to express your gratitude that way.
- Help others: Difficult times may touch many people. If something negatively affects you, reach out to others who may be dealing with similar misfortunes. By helping them cope, you will help yourself as well because giving assistance shows that you are not as powerless as you may feel. Teach others the importance of appreciativeness so that they can experience constant happiness, and perhaps show them or give them a copy of the gratitude journal so they can try it themselves.

Why isn't this book a fancy, leather-bound volume?

Have you ever had such a beautiful book that you wouldn't even open it all the way, fearful that the spine would bend. You would surely never want to write in such a book and make a mess of it. This journal is meant to be a workbook, something that you will actually use. That's why it's small and lightweight. Go ahead and jam it in your pocket, bend back the cover, write in it all the time, and make sure it gets that "used" look. Because that means you used it! That's the whole point of the Constant Happiness System™. It's not some academic exercise or religious tome. It's a small book that brings big results, making you

appreciate your world all the time, and that will make you a much happier person.

Sometimes I need a little encouragement, a friendly kick in the pants, to get myself moving on a project like this. Anything around that can help me? Sign up at www.Constant-Happiness.com and we'll send you regular updates, inspirational ideas, and free material that you can use and share with others to make you and the world a happier place.



How does the Constant Happiness System™ work in real life? Check out the brief video at www.Constant-Happiness.com/sample that shows someone using the system in real time. It's a quick watch, so take a look now.

What's the best way to get started? One of the benefits of this journal is you don't have to get started. We'll do the first few lines for you, and then you can take it away!

Constant happiness requires constant gratitude. Write everything you can think of that's good. Just write... don't stop.

Just got a new gratitude journal. It's nicely bound with a strong binding, which makes it easy to write in it. I like the smell of the pages in a new book. The glossy cover is smooth to touch. The font size is big and clear. I can read. I had enough money to buy this book. There's free stuff I can get by signing up at the book's website. The internet is cool. So much free stuff. I like getting emails from friends with funny pictures. My brother sent me a picture of us when we were young. I'm glad I still have some of my hair. My coffee tastes good. I stopped putting sugar in coffee, so I feel healthier. I like the pen I am using now. Pens almost never run out of ink. Some guy invented that. It's good he thought of it. I can buy a good pen for under a dollar. This one was free from my dentist. I haven't had a cavity in years. Now that someone else helped me get going on this journal, I'm ready to start my own stream of consciousness of good things all around me. Constant Happiness... here I come!

"The best way to get started is to quit talking and begin doing."

- Walt Disney

"Ingratitude is natural - like weeds.
Gratitude is like a rose. It has to be fed
and watered and cultivated and loved
and protected."

- Dale Carnegie

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty."

- Winston Churchill

"Whether you think you can or think
you can't, you're right."

- Henry Ford

"Develop an 'Attitude Of Gratitude.'
Say thank you to everyone you meet
for everything they do for you."

- Brian Tracy

“Do something today that your future
self will thank you for.”

— Sean Patrick Flanery

"How can you produce amazing work and realize astonishing results if toxic feelings are weighing you down?"

— Robin Sharma

"Comparison is the thief of joy."

— Theodore Roosevelt

"Who is wealthy? The ones who are
happy with what they have."

— Ethics of Our Fathers

"Success is walking from failure to failure with no loss of enthusiasm."

— Winston Churchill

"Sometimes you will never know the value of a moment, until it becomes a memory."

— Dr. Seuss

"I had the blues because I had no shoes,
until upon the street I met a man who
had no feet."

— Denis Waitly

"Happiness is not by chance, but by
choice."

—Jim Rohn

“Leaders think and talk about the solutions. Followers think and talk about the problems.”

— Brian Tracy

*"Keep your face to the sunshine and
you cannot see a shadow."*

— Helen Keller

*"Judge every person favorably."
— Ethics of Our Fathers*

*"This is the day that God made. Let's
rejoice and be happy in it."*

— Psalm 118:24

