



“People ask me how I can live this way and be happy, and I tell them because my nature is to be happy. I could be sad, but why?”

Ed, 1988

### Reflection

Next time you are really happy, take a moment to pay attention to how you are feeling. How does your body feel? What are you thinking? Imagine scooping these good thoughts and feelings up to save for later, like pouring sunlight into a jar to use on a dark winter night. When you feel sad, remember you felt happiness once and will again.

### Questions

When is it hard to be happy? When is it easy?  
Write a story about one of the happiest moments of your life.  
What can you do to bring more happiness to the world?