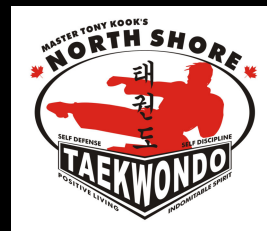


Happiness

"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes." — Andrew Carnegie



Dear Parents and Guardians,

This month, our weekly lessons are based on the topic of happiness, which goes hand-in-hand with the idea that Thanksgiving is this month and should be a time for happiness.

The secret of happiness lies in building a strong inner-self that no trial or hardship can ruin. It does not come simply from having an education, wealth, or material items. It begins with having the strength to confront and conquer one's own weaknesses. Only then does it become possible to lead a truly happy life and to enjoy the things we have.

Happiness doesn't exist in the past or in the future. It only exists within our state of life right now, here in the present, as we face the challenges of daily life.

The truth of the matter is happiness can be, in part, affected by many things, including our health, financial situation, or work or school related

challenges and issues. That being said, one of the most important factors in determining if we are happy is simply deciding to be happy. Often, we wake up on the wrong side of the bed and choose not to be happy. So one simple way to at least help with being a happy person is to remember to wake up every morning and make the decision to be happy!

When the lessons we teach are reinforced at home, we have a winning combination. Here are a few ways to raise a happy family.

- Notice how you feel when you are doing something you love and tell your family how and why it makes you happy. Example: I may be hot and sweaty, but I have so much energy and am more relaxed after I exercise.
- When the kids are having a bad day, try a change of scenery. Take a walk with them or play a game to shake off the doldrums.
- Try to avoid being negative around your children. Turn it around and find something good about a situation to help them see the bright side and help you get back on track. Example: A flat tire in city traffic is no fun, but at least it didn't happen while driving on the highway.

November
2010
Theme
of the
Month

This month our weekly lessons will cover:

Week One:

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." — Albert Schweitzer

Week Two:

"Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections." — Unknown

Week Three:

"Don't rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can't love and respect yourself - no one else will be able to make that happen. Accept who you are - completely; the good and the bad - and make changes as YOU see fit - not because you think someone else wants you to be different." — Stacey Charter

Week Four:

"Some cause happiness wherever they go; others whenever they go." — Oscar Wilde

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