

Day 7: 09/07/2020

Prosperous Morning to All!

Today let's focus on "PURE Happiness"

- **PURE** being an acronym for happiness that is **Purposeful**, **Understanding**, **Responsible**, and **Enjoyable**.
- **Purpose in Life**- Have a wholesome purpose in Life, something that is beyond materialistic.
- **Understanding one self and others**- the key to true happiness is understanding who you are and how to relate better with others.
- **Responsible Freedom**- All freedom comes with responsibility. Our freedom should never harm, hurt or humiliate others.
- **Enjoy- Enjoy today**, only the present is true. Past is lost and the future is uncertain. The only true happiness we have in hand is today. Enjoy today.
- **We CARE for You. WITH CARE from C. A. R. E. (Center for Ambitious and Resourceful Endeavours) – Your Counselling Center**