

How to Make Good Choices

Based on **The Way
to Happiness**





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to Happiness**

This is your book. You can use it to help yourself, your family, friends and others to make good choices.

Write your name here.

This book belongs to: _____





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Happiness

It is good to be happy. Everybody wants to be happy and free from sadness. But, if you are not doing well in life you cannot be happy, and trying to do well in the world today can be difficult.



Happiness often depends on the choices you make in life. This book will help you make good choices.

It is also important to you that your friends are happy and doing well. If they are, it will help you to do well and be happier in life too!

You are important to other people. You are listened to. You can make your voice heard.

You cannot always make other people happy, but you can show them how to make good choices by using this book.

This book is a guide¹ to help you make the right choices that will lead to true happiness for yourself and others. By making these good choices you will find the way² to happiness.

1. Guide: something that shows the way

2. Way: a road or path to follow



1. Take Care of Yourself

1-1. Get help when you are sick.

If you feel sick, be sure to tell someone who can help. You may need to see a doctor or get some treatment for the sickness. If you notice someone else who is sick, tell them to take care of themselves and help them do so.

1-2. Keep your body clean.

If you don't wash your body often, you can have germs. Germs can cause illness. Make sure you take a bath or a shower often and wash your hands when they get dirty.

1-3. Take care of your teeth.

Brush and floss your teeth often and do what the dentist tells you to keep your teeth clean and healthy.



1-4. Eat well.

You need to eat regularly to have energy. Healthy food, not junk, gives you real energy. Sometimes you can forget to eat and you may feel tired or upset simply because you haven't eaten. Eat healthy food regularly.

1-5. Get rest.

Make sure you get plenty of sleep. If you are tired, life is not much fun. You can feel bad or upset simply because you are tired. Go to bed at your bedtime or when you are tired, and get enough sleep.

Tell others to get enough rest too.



2. Be Drug Free

2-1. Do not take harmful drugs.

People who take drugs do not always see the real world in front of them. Drugs make things seem different than they really are. People can think they “feel better” or “act better” or are “happier” when they take drugs. But these are false feelings. The drugs hurt their bodies and minds. Don’t let anyone talk you into taking harmful drugs and tell others not to take them.

2-2. Do not drink alcohol³.

Children should not drink alcohol. People who drink alcohol are not alert⁴. Alcohol makes you slow. You may feel that you are more alert but it is a false feeling. Some adults may drink alcohol sometimes, but they should not drink too much. Drinking too much alcohol can cause people to make mistakes. It can result in much unhappiness.

Being drug free helps you enjoy life more.

3. Alcohol: beer, wine, etc.

4. Alert: wide awake, watchful



3. Be Faithful⁵

You may have a boyfriend or girlfriend. Later, you probably will have a wife or a husband and even later, children and a family. This is all a very important part of making good choices and helping you on the way to happiness. There are special ways you should treat these people.

If you have a boyfriend or girlfriend you should remember to treat them the way you want them to treat you. He or she should be a special friend. You should not get another boyfriend or girlfriend while the first one still feels he or she is special to you. You can easily hurt someone's feelings if you do.

This becomes more important as you grow older, especially if you get married. When people get married it means they want to stay together all of their lives, and should do everything possible to make it this way. It is very important that they remain faithful to each other. That way there is trust and they can work together to raise children.

5. Faithful: to support, to be loyal to



4. Help Children

Children are special people. They are learning how to be grownups and how to take care of themselves and others. Children need special care and attention



because they are not yet able to do this on their own. Children need friends and you can help children a great deal simply by being friends.

It will also help if you get them to agree to follow the chapters in this booklet. It could help the child do *very* well in life—and make your life better too!



5. Love and Help Your Parents

Parents are sometimes hard to understand. At times they may seem to say or do things that don't make sense. But almost always they are doing what they believe is best for you.



It can sometimes feel like it's hard to talk to your parents. Parents often don't seem to listen to children. But if you are honest and tell them how you really feel, and listen to what they have to say as well, you will usually be able to understand each other.

Remember, most parents really love their children. Try to help your parents when you can. Parents really like it when children offer to help them. Even if they say no to the help, they still like that you offer it.

You must remember that your parents are the

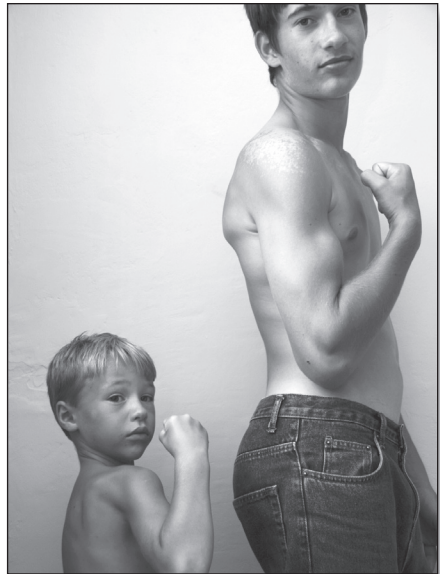
only parents you have. You can get along with them and you should do what you can to love and help them.

The way to happiness includes loving and helping the people who bring you up.



6. Set a Good Example⁶

Many people are affected⁷ by the things you do. They can be affected in a good way or a bad way. By using the tools in this book for making good choices, you are setting a good example for others. They will be affected by this even if they say they are not.



Anyone who tries to tell you not to do good things is trying to fool you. Really, they know they should do good things too.

When you choose to set a good example, others around you will feel better and will want to set a good example too.

6. *Set a Good Example: act in a good way as a model for others*

7. *Affected: changed, made to act differently*

The way to happiness is easier when you set a good example for others.



7. Be Truthful

Not everything you hear or read is true. Other people may say or write things that aren't true and try to get you to believe them. It is sometimes hard to tell what is true and what is false. But one thing is sure, the only truth is what is true for you.

No one else can make you believe something you don't want to or make something true which you don't believe. Think for yourself and decide what you believe to be true. If something is not true for you, then it is not true.

7-1. Don't tell harmful lies.

Harmful lies are very dangerous. They can hurt the people they are told about. They can also hurt the people who tell them because soon these people will not be trusted. Many fights, and even wars, begin because of harmful lies. Learn to see lies and don't tell lies yourself.

The way to happiness is a truthful path.



8. Do Not Murder

Murder is killing another person on purpose. It is illegal (against the law) and it has the biggest punishment of any crime.



Killing is not the same as murder. If a snake is getting ready to bite a baby and you killed the snake, that is not murder.

Murder can make a lot of unhappiness for many people.

The way to happiness does not include murder.



9. Don't Do Anything Against the Law

Every group has laws and rules. You should find out what the laws are so you know them. Breaking these laws makes it very hard to be happy. You can be put in jail or punished in some other way. Even if you are not caught, doing something that is against the law makes it harder to act in a good way.



Almost anything you want to do or achieve can be done without breaking the law. If you have to break a law to get something, it will not be worth it. It is hard to have a happy life if you break the law.

If you find people around you who do things that are against the law you should tell them to stop. Their actions can weaken your group and make it hard for others to do well. You should support⁸ laws which help everyone do well and make it known that you do not do

8. Support: help or stand up for

things that are against the law. Don't agree with anyone who breaks the law.

The way to happiness does not include the fear of being caught.



10. Support a Government⁹ Run for All the People

A government can be for a country, city or town. It is good to learn about your government because it is a big part of your life. If it is not taught at your school, you should ask to learn about it.



When a government is working to give all of the people a good chance to be happy, you should support that government. Sometimes evil people try to rule others so that only they or a small group can do well. It is very difficult for ordinary people to be happy under a government like this. Do not support a government like this but work to make one that treats all people fairly.

9. *Government: rules and laws and the people who make them*



11. Do Not Hurt a Person Who Helps Others

Some people will tell you that everyone is bad. It may be true that some people are, but most people are good and treat others kindly.



Our whole world is based on the fact that most people want to be good and that many people spend time helping others. Teachers, nurses, police, firefighters and many others help people and keep the world running.

But, there are some people who attack those who do good things for others. These people will tell you that the good things people do are not important. Don't believe them. Help people who do good things for others and try to be like them.



12. Keep Yourself and the Area Around You Clean and Neat

12-1. Try to look good.

Remember that other people have to look at you. Always try to give them something nice to look at. Keep yourself clean and neat and help others do the same.

12-2. Take care of your own area.

When people are messy or don't take care of their things it can spill over into your area. Some people don't seem to care where they put their things or what happens to them. It can make an area mixed up and messy.



Be sure to put your things away and keep your area neat.

12-3. Help take care of the planet.

It may seem like planet Earth is so big that you don't really have to do anything to care for it. But really,

the planet needs help so it can be a good place to live. It is possible to mess up a planet with so much pollution¹⁰ that it would not be able to have living things on it.



Taking care of the planet begins in your own front yard and neighborhood. Stop people from doing things that will mess up the Earth, and do things which help clean up and protect the planet. You can do something to care for the planet and get others to do it too.

10. *Pollution: smoke, oil, garbage*



13. Do Not Steal

Taking something that does not belong to you is called stealing. People steal because they don't think they can get something by working for it. But really, when



you steal something it has a very high cost. It upsets the person it is stolen from because they do not have it anymore and they don't know where it went. Also, if you steal something, you will find that you don't enjoy it as much as you thought you would because you have to hide it.

Stealing is against the law and people who steal can get into a lot of trouble. It is better and easier to work to get things honestly.

The way to happiness can't be traveled with stolen things.



14. Be Worthy of Trust

Trust is being able to count on people, to know that they will do what they say. Without trust it is very hard for anyone to be happy.

But trust has to be earned. By being honest and doing what you say, you will earn the trust of others.

14-1. Keep your word.

One of the best ways to earn trust is to always keep your word. Always do what you agree to do, no matter how hard it may be. If you say you will do something, then you should do it. If you say you are not going to do something, then you should not do it. People who keep their word are trusted and looked up to. Those who don't keep their word have trouble getting anyone to trust them. You should always keep your word and make sure others keep their word too. It is your choice whether or not to keep your word but the way to happiness is hard to travel if people don't trust you.



15. Do What You Should Do

There are things you should do just because you are living on this planet. You have a duty¹¹ to your parents for raising you. You have a duty to your friends and other people around you for helping you to live well. You can pay these people back in many ways. Doing chores and helping around the house is an example of doing your duty. Helping out in school or in clubs is another way. Just saying “thank you” to a person who drives you somewhere is something you should do.



If you aren't sure what someone expects of you, ask them and find out what you can do so they feel you have done your duty to them.

11. Duty: the right thing to do; something owed or expected



16. Keep Busy and Get Things Done

Work is not always fun. Sometimes you might feel like you would rather do something else instead of schoolwork, chores or jobs around the house. But people who don't work are usually not happy at all.

The man with no job, the school dropout, the child with "nothing to do," these people are usually quite unhappy. It is hard to be around them. They can make you feel unhappy too. You should try to interest these people in fun activities and projects. Nothing makes a person feel better than completing a good project.

When you choose to keep busy and get things done you are very much on the way to happiness.





17. Be Able to Do Things Well

In our world today, with fast cars, machines and computers, it is very important that people know how to do things well.

Whether it's driving a car or running a business, if someone does not know what he is doing it is dangerous for everyone.

You should learn how to do things well and help others to do this too. You, your friends and your family will have a better chance to live safely and happily if you do.

Doing something well includes: being able to look, learn and practice.

17-1. Look.

You should trust what you see and not what someone tells you. Really look at things and decide for yourself what it is you see. Then you can do something to learn about it.



17-2. Learn.

In order to learn something you must first find out what there is to know about it. Not all of the information you learn will be true and you must decide what is true and what is false. Also, not all information will be important and you must decide what is important and what is not. This is true whether you are trying to learn to play the guitar or drive a car. There is a lot of true information you will need to study and know.

The best way to do this is to find good books or teachers on the subject you want to learn, learn the meanings of any words you do not understand, sort out any false information you may already have about the subject and learn the true and important information by deciding what is true for you.

By doing this you will find that you now really know things about that subject.

17-3. Practice.

The true test of how well you know something is how well you can do it. This takes practice. Take the guitar for example. You may know many things about playing the guitar, but you could only play



well if you actually practiced playing it. The same is true with driving a car and every other skill or activity you can name. Only with lots of practice can you use what you learn.

It is one thing to read about how to drive a car; it is a different thing to actually drive. This requires practice, practice and more practice. This practice should be done in steps. Start with something very easy to do then try something a little bit harder and so on. You could start with opening the door, then sit behind the wheel, then do something else a little harder until finally, all the steps necessary to driving a car are practiced until they can be easily done. At this point, you would be able to drive the car well.

It can be dangerous when people around you don't practice until they can do things well. You should tell people to look and learn and practice until they can do things well and you should do the same. There is a lot of happiness in being able to do things well. You will be even happier when you help others around you to do things well too.



18. Respect¹² the Religious¹³ Beliefs¹⁴ of Others

There are many different beliefs about God, man and the universe. You have a right to believe what you want about these things, but you must also respect the rights of others. Religious beliefs are very important things and they can be quite different for different people.

Respect the rights of others to have different beliefs.

12. Respect: give importance to

13. Religious: having to do with God and man

14. Beliefs: feelings or ideas



19. Try Not to Do Things to Others That You Would Not Like Them to Do to You

If you ever wonder whether something is wrong or bad, you only have to ask yourself, “Would I like it if someone did that to me?” If the answer is no, then you can be sure that action is wrong.

You can get others to see that things they are doing are wrong simply by asking them if they would like that thing done to them.

When you do something to others that you would not like done to you, it makes it harder to have a happy life.



20. Try to Treat Others as You Would Want Them to Treat You

If you just think about how you would like to be treated by other people, you would have a good idea as to how you should treat them.

- You probably would like them to treat you fairly and not tell lies about you or hurt you.
- You would probably want your friends to stand by you.
- You would want them to be honest with you and not cheat or trick you.
- You would want to be treated in a kind way and not in a cruel way.
- You would possibly want other people to think about your feelings. If you were upset or feeling



down, you might want them to care about you and help you.

- You would probably prefer people didn't get mad at you, but stayed calm and in control.
- If you made a mistake or you weren't able to do something, you might want people to understand and not tell you how wrong you are.
- Instead of punishing you, you probably would prefer people forgive you. Right?
- You probably want people to act nicely to you and not be mean.
- Possibly you want people to believe in you, respect you and be polite to you, and not say things that hurt you.
- You might want others to admire you and appreciate you.
- You probably want people to be friendly toward you. From some people you might want love.
- And you wouldn't want anybody to just pretend any of these things, you want them to really mean what they say or do.
- You can possibly think of other things too.

If everyone treated you the way you wanted to be treated, life would be very good, wouldn't it?

You may have noticed that a person is pretty

much treated the way he treats others. If he yells at someone, it is likely they will yell back. If he is kind to people, others will be kind to him. Sarah is mean to Joe so Joe is mean back. Sarah is friendly to Joe so Joe is friendly to Sarah.

If you treat the people around you the way you want to be treated, what do you think would happen? It may take a while, but probably you will find that people will begin to treat you the same way you treat them. Life is much happier and more pleasant when you treat others as you want them to treat you.



21. Do Well and Succeed¹⁵

Sometimes other people will try to put you down, make you feel bad or tell you that you cannot succeed. Such people do this because they are afraid that if you



do well it will somehow hurt them. They think that if everyone else feels bad, they will feel good.

Life is not like this, however, and such people are never truly happy. The way to deal with such people is to ignore them. Follow your own goals in life and be successful. If you do this, and follow the ideas in this book, you will grow strong and healthy and be successful and the people who try to hurt you will go away.

15. Succeed: win, reach a goal



Your Way to Happiness

There is only one person who can tell you what will make you happy and that person is you.

The ideas in this book give you a way to find happiness, but only you can travel the path that leads there.



It will not always be smooth or calm, but no road is. The important thing is that you keep traveling toward your goals and make good choices along the way. You may fall down, but it will not matter if you then get up and keep going.

Some people may make fun of you or tell you what you are doing is wrong. They may try to get you to take paths that aren't on the way to happiness. If you follow them or listen to them you may find that life becomes sad or hopeless and there may seem to be no way out, no real fun in living.

But you can always start again. If you use this book as a guide and stay true to your own goals, you can't go too far off the path. True happiness and fun come from doing well. If you can walk down this road and get others to come with you, you will find what true happiness is. It is your choice.

Choose well.

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