

13 CHOICES

HAPPY LIFE PROGRAM

Do you have high self-esteem?

Can you tell me how to get it?

by Kristine Litster Fales

13 CHOICES FOR HAPPINESS & HIGH SELF-ESTEEM

Feeling God's Love—Achieving My Dreams

1.

Spiritual

I choose to worship my Father in Heaven every day
and live a Christ-centered life.

2.

Physical

I choose to keep my body healthy and clean and
avoid addictive substances at all times.

3.

Mental

I choose to use my mind to create, explore the universe,
and find my place in it.

4.

Emotional

I choose to share my feelings kindly and honestly
with others and strive to be peaceful.

5.

Social

I choose to look at all people as equals and never
judge or compare others to myself.

6.

Psychological

I choose to accept full responsibility for all of my
choices and never blame others.

7.

Intellectual

I choose to educate myself on a daily basis so I'll be
useful to the betterment of society.

8.

Organizational

I choose to work within the time frame I'm given
without being stressed or rushed.

9.

Environmental

I choose to keep my surroundings clean and beautiful
and live in a house of order.

10.

Financial

I choose to enjoy my work, live frugally, and
use my means to help other people.

11.

Recreational

I choose to only see and listen to those things that
uplift and inspire the human mind.

12.

Ancestral

I choose to be the transitional figure in my family
to free future generations from abuse.

13.

Moral

I choose to obey all of God's commandments and
love and honor each of His children.

13 CHOICES HAPPY LIFE PROGRAM

The “13 Choices Happy Life Program” is a 13-week, self-help program designed to help individuals and families discover true happiness and high self-esteem. The program is centered around the “13 Choices for Happiness & High Self-esteem.” This program is appropriate for any age group, including parents and children who want to work on this program together as a family.

*Do you have high self-esteem?
Can you tell me how to get it?*

For nearly two years, between 1989 and 1991, our family volunteered to be a “host home” for a drug rehab that our son Jonathan was in. At the time, I was 36, my husband was 39, and we had nine children ranging in age from 6 months to 16 years old. Like most of the other families in the program, we were encouraged to be a “host home” for the clients—even though we lived in Londonderry, New Hampshire, which was one and one-half hours away from the rehab in Massachusetts—and we agreed to participate. This was a real challenge and huge sacrifice for our family, but I was willing to do anything I could because I believed it was going to be the best way to help Jonathan, get him off drugs, and save his life.

We had many wonderful experiences with the numerous teenagers from the drug rehab who came to live with us. During that time, over 100 teenagers, ranging from thirteen to eighteen, stayed with our family. Some just stayed for one night, some for a few weeks, and others for a few months. One memorable night a beautiful, sensitive, 13-year-old girl walked in our front door. The first question she asked me was, “Is this a house of God?”

As I tried to figure out what she meant, I struggled for an answer. I thought to myself that we were a religious family, and we had tried to teach our children to believe in God, so perhaps our efforts would qualify our home for being a house of God. So I said, “Yes.”

She quietly said, “It feels like one.”

When I walked with her upstairs and showed her to her bedroom she asked me another thought-provoking question, “Do you have high self-esteem?”

Her yearning question caught me off-guard. I stammered out an answer as I said, “Well, um, I...I think I do.”

Then with great pleading in her voice and tears in her eyes she asked me, “Can you tell me how to get it?”

Questions began racing through my mind as I thought about my own personal quest to discover high self-esteem. Should I tell her of how I have had to struggle my whole life to conquer my own feelings of low self-esteem? Should I share with her my religious faith—that, most importantly, I knew I was a child of God?

Should I tell her that faith in God alone would not heal the pain of her personal insecurities? Should I tell her it’s going to take a lot of continual effort to change how she really feels about herself?

As I reflected on my past, I recalled some vague memories of feeling high self-esteem at one time. I was very sure of myself, I felt secure within my family, and I felt I could accomplish anything that I wanted to in my life. However, I was only five years old. By the time I was six, my confidence and feelings of high self-esteem began to diminish. Instead of feeling good about myself, I just pretended I did. I tried to figure out what happened to the positive feelings I had felt about myself as a child, but I couldn’t.

By the time I was married and had children of my own, I realized I had a serious problem. My biggest concern was how I could teach my children to have high self-esteem if I didn’t have it myself. As a young mother, I had begun a personal quest to change the way I felt about myself. I desperately needed to find the real path to high self-esteem. It was a long, slow journey.

It was true I had now made much progress in my life regarding my feelings of self-esteem, but I wasn’t exactly sure how I had arrived at this point. I hesitatingly told her a few things that I could think of about gaining high self-esteem including the importance of learning how to love and appreciate herself, and then I told her good night.

When I finally went to my own room to get ready for bed late that night, I continued to ponder her questions. I thought about what I had learned throughout my life that I could share with her, the other teenagers in this rehabilitation program, and my own children about discovering high

self-esteem. I sat down and tried to organize my thoughts and put these ideas in a format that they could begin using immediately. That night was the beginning of my efforts to develop a simple, easy-to implement self-esteem program.

I initially came up with five choices that everyone has the power to make each day. I typed up these five choices, drew a little self-esteem chart, and shared this information with this sweet girl, Jonathan, and some of the other teenagers in the program. They all told me that focusing on these choices every day helped them a lot!

When I developed this self-esteem program, I called each self-esteem principle a “choice.” I used the word “choice” because the teenagers who were living with us from the drug rehab seemed to be helplessly drifting through life not knowing how they could change. I wanted them to understand that the choices they made each day determined how they felt about themselves and what they could accomplish in life.

First, I wanted them to know which choices in life were ones that they could really make themselves. Second, I wanted them to learn how to make wise choices. Third, I wanted them to understand that if they made wise choices then they could then be more in control of their lives regardless of what was happening around them.

Over the next several years, while trying to help other people with their self-esteem, I was frustrated with my own behavior. So, I analyzed my life and kept adding to the list of the choices I was making each day. I began to see which choices helped me feel better about myself and which choices caused me to feel worse. My list gradually grew from five choices to thirteen choices, which I needed to focus on in my life. I printed a copy of these thirteen choices, taped it to my bathroom mirror, and read it every morning and night as I brushed my teeth.

As I read these choices, they became a part of my subconscious mind. Simply by reading them every day, I became more productive. The most surprising discovery was that I didn't have to be perfect in any of these areas to gain high self-esteem. All I needed to do was *desire* to make these choices a part of my life and then do the best I could. My feelings about myself improved dramatically. Finally, I got it. *Change happens gradually. Focus on correct principles, and let it happen.*

My difficulty was that when I stopped reading these choices every day, I gradually reverted back to my old patterns of behavior. This caused me a great deal of emotional distress, but I finally understood the problem—and found out the solution.

The problem of returning to bad habits can be called relapsing or backsliding, and it is described in the scriptures with vivid imagery: *But it is happened unto them according to the true proverb, The dog is turned to his own vomit again; and the sow that was washed to her wallowing in the mire (2 Peter 2:22).* But God promised relief: *I will heal their backsliding, I will love them freely (Hosea 14:4).*

I realized that the solution to my problem was the need to be reminded of my self-esteem choices *every day* to feel consistently good about myself. The scriptures teach: *Yet they seek me daily, and delight to know my ways (Isaiah 58:2).*

After many more years of living life and gaining valuable experiences while working on these self-esteem choices, I was still did not feel quite right about the wording of the choices. At one point, I knew I had made them too complicated when this thought came into my mind, “Make them so simple that a child can understand them.”

I revised them and revised them so many times that I was completely frustrated. Finally, I knelt down by my bed one day and said this prayer: “Heavenly Father, I have been working on this project for years. If you want me to ever get it finished, you will need to tell me the right words to say.”

I stayed on my knees for a long time meditating and waiting for some new inspiration to come to me, but nothing happened. Feeling dejected, I finally took my whole project and put it away in the bottom drawer of my dresser. I refused to work on it any more. It sat there untouched for six months.

Then early one morning, when I was not expecting it at all, I woke up with some words flowing into my mind. I grabbed a pencil and a piece of paper and started writing down all the words that were quickly coming to me. I realized that the Lord was finally answering the fervent prayer I had offered six months earlier. He was now giving me the words I needed for my self-esteem choices. Amazing.

I now had the answers to those two questions that beautiful, sensitive, 13-year-old girl from the drug rehab asked me so many years ago:

“Do you have high self-esteem?”

“Yes.”

“Can you tell me how to get it?”

“Yes.”

The answers are found in the “13 Choices for Happiness and High Self-Esteem” that are found at the beginning of this program. It is my hope and prayer that when you read the 13 CHOICES each day that you will discover the happiness and high self-esteem which is within you.

Discovering Happiness & High Self-Esteem

When I first started writing this self-help program, I called these thirteen choices simply, “The 13 Choices for High Self-esteem.” When I was trying to teach one of my daughters about my program she said to me, “I don’t like you always talking to me about high self-esteem because you make me feel like I have low self-esteem, and I don’t.”

I said, “Okay, I understand. I can fix that problem.”

I went to my computer and changed “13 Choices for High Self-esteem” to read, “13 Choices for a Happy Life” and gave it back to her. She glanced at the title and said, “Very funny.”

As I continued to ponder about what my daughter had said to me, I realized that a lot of people might not think they need help with their self-esteem, but everyone is looking for happiness. I suddenly realized that these choices really do work just as well for finding happiness as they do for discovering high self-esteem. I then permanently changed my title to “13 Choices for Happiness and High Self-esteem” and created this self-help program, which I call the “13 Choices” Happy Life Program.

Building a Spiritual Foundation

I now know that the real foundation of high self-esteem is spiritual. When you feel the love of God in your life and rely on the redeeming

power of Jesus Christ to heal you from sin and sorrow, you find true peace. However, the healing process requires you to accept full responsibility for your actions. When you stop reliving past shame, assigning past blame, and feeling past pain, you can allow love and forgiveness to fill your heart. As you repent of your sins, seek forgiveness from those whom you have offended, and forgive those who have offended you, then you can be spiritually healed.

During my own lifelong search for high self-esteem, I came to understand a profound, eternal truth: As spirit children of God, each individual is born with high self-esteem. Because of this divine birthright, you do not need to develop high self-esteem; you simply need to discover the high self-esteem that is inherently within you.

I love the poem by William Wordsworth (1770-1850), “Ode: Intimations of Immortality.” His words capture the vision of where we came from and who we really are:

*Our birth is but a sleep and a forgetting:
The Soul that rises with us, our life’s Star,
Hath had elsewhere its setting,
But trailing clouds of glory do we come
From God, who is our home:
Heaven lies about us in our infancy!*

The Old Testament clearly states: *So God created man in his own image, in the image of God created he him; male and female created he them (Genesis 1:27)*. Knowing this divine truth, it is easy to believe that high self-esteem is a heavenly gift given to us by God. Sadly, it often remains an unopened gift.

In many cases, the environment and circumstances around us—and our own poor choices—contribute to losing the high self-esteem we were endowed with as newborn creations of God. Traumatizing experiences can shatter high self-esteem and continual negative influences can slowly erode it. We then often go searching in all the wrong places with the hope of filling that nagging, empty void that is left in us. But, we have the power within ourselves to change.

My wish for you is not that you change who you are, but that you can discover who you are. May you be blessed with inspiration as you learn to accept and appreciate your own intrinsic uniqueness.

Using the album *Wings of Glory* for Happiness & High Self-esteem

I often listened to the album *Wings of Glory: Songs of Hope and Healing from Addiction*, which I had written for my son Jonathan, to give me hope as I watched him continue to struggle with his addictions. Other times I found myself listening to *Wings of Glory* just for myself. As I listened, I would quietly ponder and reflect on my own personal life.

One day I decided to listen to *Wings of Glory* while I was cleaning and organizing my home. While I was doing my housework, I started asking myself some questions: “Why do I like listening to these songs? Why does it make me feel so good? Why does it give me such an amazing inner strength and resolve?”

After continually listening to *Wings of Glory* for three hours that day, I realized that the messages of these songs can bring feelings of hope and healing to many types of problems in our lives. The words and music not only inspire recovery from addiction, but also provide inspiration for other trials we have to face—low self-esteem, grief, depression, loneliness, illness, family strife, fractured friendships, lack of faith, and all types of compulsive behaviors.

When I listen to this music, it helps me feel good about myself and gives me courage to do what I need to do each day. It lifts my spirits and helps me to have clarity of thought. It inspires me and brings me closer to my Savior, Jesus Christ. It makes my Heavenly Father’s love seem tangible and real. It gives me confidence that I can overcome all my compulsive behaviors. It fills my heart with serenity and peace. It encourages me to have high self-esteem.

In addition to listening to other inspiring, uplifting music, please listen to *Wings of Glory: Songs of Hope and Healing from Addiction*. It will give you extra courage to follow through on commitments you make to yourself and feel greater happiness and high self-esteem in your life.

The Program

The “13 Choices” Happy Life Program is designed to be simple. The only hard part about this program is being consistent. But, consistency will gradually come over time as you commit yourself to the program.

As you begin following this program and learn to make positive choices each day, you will quickly discover true happiness and high self-esteem.

My idea of how to implement the principles taught in this program came from my father. When I was in elementary school, he spent time with me one summer and taught me about Benjamin Franklin’s “Thirteen Virtues” that included Temperance, Silence, Order, Resolution, Frugality, Industry, Sincerity, Justice, Moderation, Cleanliness, Tranquility, Chastity, and Humility.

Benjamin Franklin’s self-improvement plan was to develop one of these virtues each week. Over a year’s time, he would diligently work on each of his thirteen virtues four times (13 virtues x 4 times = 52 weeks). I decided that if Benjamin Franklin’s plan worked so well for him 250 years ago, it could work for me today! I have a suggested reading list of thirteen of my favorite books that relate to each of the 13 CHOICES. Please begin reading the suggested book during the week, or choose one of your own inspirational books to read, and write your favorite quotes in your journal. By focusing on one of the 13 CHOICES each week, gradual improvement begins to happen.

Take time to read the “13 Choices for Happiness & High Self-esteem” every day and check off each goal for the “Daily Dozen” and “Five Elements of Joy” in the program. This will help you to keep track of the progress you are making. Remember, “. . . by small and simple things are great things brought to pass” (Alma 37:6). For added inspiration, please read the “Thought, Scripture, and Quote” during the week.

After completing this 13-week program, it is important to keep following the “13 Choices Happy Life Program” to stay consistent. You can download and print off a one-page check-off sheet, which includes the “13 Choices,” “Daily Dozen,” and “Five Elements of Joy.” This is found at the end of this book. I like to fold my copy in half and keep it in my journal so I can remember to check it off every day.

Information about how to complete this 13-week program is available in the booklet, “Explanation of Self-Help Programs.” For more stories about discovering happiness and high self-esteem, please read my book, *Wings of Glory: Addiction, Recovery, and High Self-esteem*. You might also like to read the memoir I wrote about my son, Jonathan: *Freedom from Addiction—A Mother’s Story of Hope*.

Five Elements of High Self-esteem

To discover happiness and high self-esteem, which I now call “Five Elements of Joy” in the “13 Choices Happy Life Program,” you must have the desire to learn from the past, make wise choices in the present, and visualize a future filled with opportunity. The word “desire” means longing or wishing for something with great intensity. Without desire, there is no change. With desire, you can become who you want to be. Pray for the desire to improve your life as you embrace the past, present, and future.

The past is past. You cannot change the past. All you can do is accept it, learn from it, and then share your wisdom and experiences with others. As you look honestly at yourself and observe the frustrations that have been going on year after year, you can see patterns of behavior that you know in your heart you need to change.

The present is for making wise choices. The choices you make each day affect how you feel about yourself and how you interact with other people. Decisions determine your destiny. To achieve long-term happiness, you must consciously resist the impulse to seek short-term pleasure.

The future is filled with opportunities. The dream of who you want to be and what you want to accomplish are all real possibilities. As you prepare yourself in advance for the challenges and trials that will come to you throughout your life, you will be ready to deal with the future with faith, not fear.

The past, the present, and the future are all woven into the fabric of your life. As your feelings of happiness and high self-esteem begin to rise, your life will gradually become like a strong, beautiful tapestry. The Five Elements of Joy are:

1. Faith in God
2. Desire for Change
3. Accountability
4. Family Love
5. Friends with Integrity

As you embrace these five elements, you’ll come to understand who you really are. High self-esteem is within you. You can discover it.

1. Faith in God

Your self-esteem needs to be built upon a strong, spiritual foundation. As you develop your relationship with God, your life will be filled with joy and peace. God loves you and knows you by name. Have faith in Him. When you want to feel God’s love, read the scriptures. When you want to express love to God, kneel down and pray. When you want to receive personal revelation, write in a journal.

2. Desire for Change

One of the greatest detriments to discovering happiness and high self-esteem is feeling depressed. There are ways to eliminate depression through medical, psychological, natural, and spiritual remedies. When you have a desire to change and are willing to seek help when you need it, you will learn to feel God’s “natural high” in your life every day.

3. Accountability

If you want to have high self-esteem, be accountable to yourself and to others for your actions. In simple words, do what you say you will do. If for some reason, you can’t keep a commitment, let others know as soon as possible. To keep commitments to yourself, it is important to counsel with a “mentor” to set personal goals and then report back once a week. A mentor can be a trusted family member, reliable friend, or a professional counselor when necessary.

4. Family Love

The family is the most important organization on earth and it must be given the attention it deserves. There is no real quality time without an ample amount of quantity time. Love and loyalty within the family are increased through acts of kindness and consideration. As hearts are softened through forgiveness and lives are linked through love, the family can anchor each other in the turbulent seas of life.

5. Friends with Integrity

Friends who are honest with you and stand by your side during hard times are a wonderful gift. As you seek true friends, you must be a true friend in return. It’s important to reach outside yourself and befriend those who look sad or lonely. When counting your friends, remember that relatives count—sometimes our best friends are found within our own family! Yes, “He is rich who hath two friends.”

13 CHOICES HAPPY LIFE PROGRAM

Week 1

_____ Date

#1 Spiritual Choice

I choose to worship my Father in Heaven every day and live a Christ-centered life.

THOUGHT

You are of infinite worth to your Divine Creator, and He loves you unconditionally at all times. To *feel His love*, you need to connect with Him daily. Set aside time *every day* to strengthen your spiritual foundation by praying, reading the scriptures, writing in your journal, and listening to songs about Jesus Christ. As you come to know Jesus Christ and strive to be like Him, you will feel His influence in your life. To show your gratitude to Heavenly Father, choose to make each Sabbath Day a holy day of church worship and rest from your regular labors and activities. As you do so, you will be given a special gift of discernment that inspires keen insight into yourself. You will be blessed with good judgment through the Spirit to make wise choices in life, which will increase your feelings of happiness and high self-esteem.

—KLF

SCRIPTURE

Six days shall work be done, but on the seventh day there shall be to you an holy day, a Sabbath of rest to the LORD . . .

—Exodus 35: 2

QUOTE

It is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you; He is the beauty to which you are so attracted; it is He who provoked you with that thirst for fullness that will not let you settle for compromise; it is He who urges you to shed the masks of a false life; it is He who reads in your heart your most genuine choices, the choices that others try to stifle.

—Pope John Paul II

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #1; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 2

Date _____

#2 Physical Choice

I choose to keep my body healthy and clean and avoid addictive substances at all times.

THOUGHT

The purpose in coming to earth was to receive a body. Because of this great gift from God, we each have the responsibility to care for our own body to the best of our ability. Choosing to eat natural foods will help your body function properly. Food is fuel, and you will feel better when you eat more nutritiously. Addictive substances, including caffeine, should be avoided. Exercise helps your body function well and lifts feelings of depression. Being well-groomed is also important. A daily shower not only cleanses the body, but refreshes the spirit. Sleep is essential for excellent health. To increase your energy level, eat well, exercise every day, and get enough sleep. Your happiness and high self-esteem will grow as you discipline yourself to build a strong, healthy body where your eternal spirit—which came from God—can dwell.

—KLF

SCRIPTURE

*Know ye not that ye are the temple of God,
And that the Spirit of God dwelleth in you?
—1 Corinthians 3:16*

QUOTE

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.

—Thomas Jefferson

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #2; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 3

Date

#3 Mental Choice

I choose to use my mind to create, explore the universe, and find my place in it.

THOUGHT

Your mind allows you to think, dream, plan, and create. To have a great mind, you must think great thoughts. Fill your mind with noble, pure, uplifting ideas that lift you up to view higher vistas in life. Do not waste time watching meaningless television, surfing the Internet, reading unimportant trivia, or gossiping. You *can* become the master of your thoughts. Seek your divine purpose on earth and your important, essential role in this universe. No life is insignificant. What you choose to do or not do each day has a rippling effect that touches many lives. To achieve long-term happiness, you must consciously resist the impulse to seek short-term pleasure. By thinking great thoughts and doing what you feel inspired to do each day, you will achieve true happiness and high self-esteem.

—KLF

SCRIPTURE

But there is a spirit in man: and the inspiration of the Almighty giveth them understanding.

—Job 32:8

QUOTE

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.

—Buddha

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #3; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 4

Date

#4 Emotional Choice

I choose to share my feelings kindly and honestly with others and strive to be peaceful.

THOUGHT

It is important to understand yourself and be comfortable sharing your feelings honestly with others. When you keep feelings hidden from others, you cannot connect with them, and your relationships will remain on a shallow, superficial level. Feelings can be expressed in a positive or negative way depending upon your tone of voice and body language. You can express your feelings without destroying the dignity of others when you choose to remain calm and sensitive to them. The way you feel is real, but feelings can change—feelings are not concrete. It is better to wait to express some feelings as you often feel differently the next day. Revealing your innermost feelings to a trusted family member or friend is crucial to good emotional health and increases self-esteem

—KLF

SCRIPTURE

Wherefore my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath.

—James 1:19

QUOTE

A joyful heart is the inevitable result of a heart burning with love. Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile. Kind words can be short and easy to speak, but their echoes are truly endless.

—Mother Teresa

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #4; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 5

Date _____

#5 Social Choice

I choose to look at all people as equals and never judge or compare others to myself.

THOUGHT

We were all created in the image of God, and He is literally our Father in Heaven. As spiritual brothers and sisters, we have an eternal obligation to help each other grow and excel. Pray to know what your talents are. God has given you many gifts to share that will bless those within your circle of influence. Enjoy being your best self and reaching out to others in loving service. Selfishness is the root of all inequality. Selflessness is the companion to all genuine relationships. In order to reach your full potential, you must love yourself for who you are and accept that you are no better or worse than the people around you. As you choose to respect yourself with proper appreciation and humility, your happiness and high self-esteem will grow and your social interactions will be more meaningful.

—KLF

SCRIPTURE

For I say, to every man that is among you, not to think of himself more highly than he ought to think.

— Romans 12:3

QUOTE

I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition.

—Martha Washington

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #5; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 6

_____ Date

#6 Psychological Choice

I choose to accept full responsibility for all of my choices and never blame others.

THOUGHT

Psychology is the science of the mind that tries to explain why people think, act, and feel as they do. To understand yourself, you have to be honest. You need to recognize your faults and not waste time trying to find someone else to blame for your problems. The “blame game” never works. When you make excuses for yourself or say others are responsible for your mistakes, you get trapped in a hole and chained to the past. Blaming others may also lead to anxiety, depression, and other psychological problems. When you choose to examine yourself carefully and take full responsibility for your life, there is a domino effect that slowly changes the way you think, act, and feel. Your happiness and high self-esteem will grow as you find the power within yourself to be who you really want to be.

—KLF

SCRIPTURE

Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

—Philippians 2:3

QUOTE

Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.

—Grouch Marx

DAILY DOZEN

5 Minute Magical Morning Devotional:

Spent at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #6; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 7

_____ Date

#7 Intellectual Choice

**I choose to educate myself on a daily basis so
I'll be useful to the betterment of society.**

THOUGHT

Whatever stage of life you are in, there is always something new to be learned. Education should be a life-long quest. Your confidence in yourself will increase as you develop new skills and talents and have the courage and willingness to share them with others. Each worthwhile subject you make the effort to learn can benefit you or someone else. With an inquisitive mind, you can gain knowledge, learn how things work, or create something new. Spend your valuable time on things that enrich the human spirit and benefit mankind. Through other people's perseverance, inventions and technology have come into the world that has greatly helped the human race. As you choose to help others improve their lives through your efforts, your own happiness and high self-esteem will be elevated.

—KLF

SCRIPTURE

*Happy is the man that findeth wisdom, and
the man that getteth understanding.*

— Proverbs 3:13

QUOTE

Happiness cannot come from without. It must come from within. It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves.

—Helen Keller

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #7; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 8

Date _____

8 Organizational Choice

I choose to work within the time frame I'm given without being stressed or rushed.

THOUGHT

Time is the master of life. You cannot speed it up or slow it down. It controls you, you cannot control it. The only thing you can control is your ability to work within its boundaries. Experience alone will teach you what you can and cannot do in a certain amount of time. If you crowd as many things as possible into every day, you will most likely end up feeling anxious and completely overwhelmed. However, if you do nothing each day, you will feel unfulfilled and depressed. The key to success is balance. By being realistic about what needs to be done, you will feel organized and relaxed as you complete commitments on time. As you choose to carefully guide your own life and take care of your most important priorities first, your happiness and high self-esteem increases.

—KLF

SCRIPTURE

And every man that striveth for the mastery is temperate in all things.
—1 Corinthians 9:25

QUOTE

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature.

—Anne Frank

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #8; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

I can do all things through Christ which strengtheneth me.
Philippians 4:13

13 CHOICES HAPPY LIFE PROGRAM

Week 9

Date _____

#9 Environmental Choice

I choose to keep my surroundings clean and beautiful and live in a house of order.

THOUGHT

People are influenced by their environment. The way you feel about yourself is often determined by your surroundings. If your house is a mess, you will probably feel stressed. If your house is clean and orderly, you will most likely be able to think clearly and be more productive throughout the day. The physical environment that you *see* in your home is closely related to the spiritual environment that you *feel* in your home. Each family member is capable of helping with the household tasks that contribute to a happy home. Even little children can follow simple directions, so everyone should learn to cheerfully take responsibility for cleaning up after themselves. When you choose to create a refuge of comfort and peace by beautifying your surroundings, you will feel real joy in your home, and your happiness and high self-esteem will rise.

—KLF

SCRIPTURE

Work with your own hands . . . that ye may walk honestly toward them that are without, and that ye may have lack of nothing.

—1 Thessalonians 4:11-12

QUOTE

We like to live in an orderly environment because it ministers to a sense of comfort in us, and aids our efficiency. . . . Work is necessary; it can be nothing less than a passion; a person is happy in accomplishment.

—Maria Montessori

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #9; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 10

Date _____

#10 Financial Choice

I choose to enjoy my work, live frugally, and use my means to help other people.

THOUGHT

Financial stability is important for peace and happiness in life. Achieving self-reliance is worth the effort it because it brings great rewards. Budgeting must be a top priority. You need to record expenses, save, and spend money wisely. When you're not in control of your money, you're not in control of your life. Choose your vocation carefully. If you do not like your present career, get more education or training so you can do what you really want to do for the rest of your life. All work is equally important and should be done with dignity. You will be blessed as you practice the principles of self-reliance and serve others. Look for the poor and needy and share whenever you can. As you strive to excel in your responsibilities, your talents will multiply and your happiness and high self-esteem will increase.

—KLF

SCRIPTURE

*... Remember the words of the Lord Jesus, how he said,
It is more blessed to give than to receive.*

—Acts 20:35

QUOTE

Happy is said to be the family which can eat onions together. They are, for the time being, separate from the world, and have a harmony of aspiration. ... It is one of the beautiful compensations of this life that no one can sincerely try to help another without helping himself.

— Charles Dudley Warner

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #10; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 11

_____ Date

#11 Recreational Choice

I choose to only see and listen to those things that uplift and inspire the human mind.

THOUGHT

You should take time to relax each day so your body and mind can rest from the daily, hectic pressures of your busy schedule. All activities you choose to do in your leisure time should be ones that allow the Spirit to stay with you. Meaningful activities such as listening to beautiful music, taking walks, talking to people you love, reading good books, participating in athletic events, watching uplifting television shows or movies, enjoying a fun hobby, doing genealogy research, or helping with service projects will all reward you with a spiritual high that leaves you feeling refreshed and renewed. Recreational activities will help you lead a more productive life, provide sweet opportunities to bond with your family and friends, and greatly improve your happiness and high self-esteem.

—KLF

SCRIPTURE

Whatsoever things are true, honest, just, pure, lovely, of good report, any virtue, any praise . . . think on these things.

—Philippians 4:8

QUOTE

Wholesome recreation is part of our religion, and a change of pace is necessary, and even its anticipation can lift the spirit. . . . Successful families do things together: family projects, work, vacations, recreation, and reunions.

—Ezra Taft Benson

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #11; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 12

Date _____

#12 Ancestral Choice

I choose to be the transitional figure in my family to free future generations from abuse.

THOUGHT

Children born in this world are so precious, but they have not always been valued or cared for properly. The many physical, emotional, and psychological scars of many adults today were inflicted upon them as children. Unfortunately, these same scars are often passed down from generation to generation as ignorance, bad habits, and abuse spread like a virus among family members. You can help break this repetitive cycle by completely embracing the gospel of Jesus Christ. It may also be necessary to get counseling or take parenting classes to learn new skills. As you teach your children to know and love the Lord, there will be peace in your home and your family will feel united. Your happiness and high self-esteem will grow as you make personal sacrifices to build a strong, loving family.

—KLF

SCRIPTURE

*And all thy children shall be taught of the Lord;
and great shall be the peace of thy children.*

—Isaiah 54:13

QUOTE

The greatest joys and the greatest sorrows we experience are in family relationships. The joys come from putting the welfare of others above our own. That is what love is. And the sorrow comes primarily from selfishness, which is the absence of love. The ideal God holds for us is to form families in the way most likely to lead to happiness and away from sorrow.

—Henry B. Eyring

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #12; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 CHOICES HAPPY LIFE PROGRAM

Week 13

Date _____

#13 Moral Choice

**I choose to obey all of God’s commandments
and love and honor each of His children.**

THOUGHT

When God created the earth, He created it according to natural and divine laws. The commandments of God are based on these laws and teach good, moral behavior. God knows what will bring happiness and fulfillment, or sorrow and confusion, into your life. When you choose to obey His commandments, even though you might not understand why you should, you receive many spiritual and physical blessings. Confidence in yourself increases in direct proportion to your faith and trust in God. Jesus taught his disciples that the first commandment was to love God. The second was to love your neighbor as yourself. When you learn to love God and yourself, you can then radiate love and charity to others. Obeying the commandments brings happiness and high self-esteem and gives you great power.

—KLF

SCRIPTURE

*And thou shalt love the Lord thy God with all thy heart . . .
this is the first commandment. And the second is like,
namely this, Thou shalt love thy neighbour as thyself.*

—Mark 12: 30-31

QUOTE

Happiness is the object and design of our existence; and will be the end thereof, if we pursue the path that leads to it; and this path is virtue, uprightness, faithfulness, holiness, and keeping all the commandments of God.

— Joseph Smith, Jr.

DAILY DOZEN

5 Minute Magical Morning Devotional:

*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----|-----|-----|-----|-----|-----|-----|
| 1. Pray for a heart full of gratitude | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 2. Read or recite the 13 CHOICES | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 3. Listen to a song about Jesus Christ | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 4. Study scriptures; focus on faith | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 5. Write in journal; record positive wish | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 6. Sleep 8 hours | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 7. Exercise 30 minutes | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 8. Eat healthy food & drink 8 cups water | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 9. Shower & dress; brush & floss teeth | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 10. Record expenses & live within income | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 11. Make bed & clean bedroom | ___ | ___ | ___ | ___ | ___ | ___ | ___ |
| 12. Relax & play; be cheerful & smile! | ___ | ___ | ___ | ___ | ___ | ___ | ___ |

FIVE ELEMENTS OF JOY

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Read a good book about CHOICE #13; write inspiring quotes in your journal _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

13 Choices Happy Life Program

Suggested Reading List

1. Spiritual Choice

Life Before Life: Origins of the Soul . . . Knowing Where You Came from and Who You Really Are
Richard Eyre

2. Physical Choice

Charlie's Monument
Blaine M. Yorgason

3. Mental Choice

As a Man Thinketh
James Allen

4. Emotional Choice

The Little Prince
Antoine de Saint-Exupery

5. Social Choice

Hope for the Flowers
Trina Paulus

6. Psychological Choice

The Compound Effect: Jumpstart Your Income, Your Life, Your Success
Darren Hardy

7. Intellectual Choice

Jonathan Livingston Seagull: The Complete Addition
Richard Bach

8. Organizational Choice

Essentialism: The Disciplined Pursuit of Less
Greg McKeown

9. Environmental Choice

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing
Marie Kondo

10. Financial

The 9 Steps to Financial Freedom: Practical and Spiritual Steps So You Can Stop Worrying
Suze Orman

11. Recreational Choice

Gift from the Sea
Anne Morrow Lindbergh

12. Ancestral Choice

The Last Lecture
Randy Pausch with Jeffrey Zaslow

13. Moral Choice

Standing for Something: 10 Neglected Virtues that will Heal Our Hearts and Homes
Gordon B. Hinckley

13 CHOICES FOR HAPPINESS & HIGH SELF-ESTEEM

Feeling God’s Love—Achieving My Dreams

1.

Spiritual

I choose to worship my Father in Heaven every day and live a Christ-centered life.

2.

Physical

I choose to keep my body healthy and clean and avoid addictive substances at all times.

3.

Mental

I choose to use my mind to create, explore the universe, and find my place in it.

4.

Emotional

I choose to share my feelings kindly and honestly with others and strive to be peaceful.

5.

Social

I choose to look at all people as equals and never judge or compare others to myself.

6.

Psychological

I choose to accept full responsibility for all of my choices and never blame others.

7.

I choose to educate myself on a daily basis so I’ll be useful to the betterment of society.

8.

Organizational

I choose to work within the time frame I’m given without being stressed or rushed.

9.

Environmental

I choose to keep my surroundings clean and beautiful and live in a house of order.

10.

Financial

I choose to enjoy my work, live frugally, and use my means to help other people.

11.

Recreational

I choose to only see and listen to those things that uplift and inspire the human mind.

12.

Ancestral

I choose to be the transitional figure in my family to free future generations from abuse.

13.

Moral

I choose to obey all of God’s commandments and love and honor each of His children.

13 CHOICES HAPPY LIFE PROGRAM

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Philippians 4:13

Biographical Sketch

Kristine Litster Fales and her husband David have lived with their eleven children in many different cities throughout the United States. Her creative writing has been greatly influenced by her family, the many people she has come to know across the country, and her diverse geographical experiences.

As a mother, and now a grandmother, Kristine has always felt a deep love for children and has had a great desire to help strengthen families. She is the principal writer and executive producer of the CD *Wings of Glory: Songs of Hope and Healing from Addiction* and author of its companion book, *Wings of Glory: The Story behind the Songs*. Kristine is also the author of *ABC's for a Happy Marriage: A Collection of Free-verse Poetry and Biblical Scriptures*.

Kristine is a member of the Church of Jesus Christ of Latter-day Saints and a devout follower of Jesus Christ. She is grateful for her Savior, and knows that it is through His Infinite Atonement that she and her family are enjoying the peace and happiness they have in their lives today. In her efforts to help her oldest son, Jonathan, find healing from his addictions, she gained a strong testimony that Jesus Christ is the master healer not only from sin and sorrow, but also from all illnesses and addictions. She explains these beliefs in her soon to be published books, *Wings of Glory: Addiction, Recovery, and High Self-esteem* and her memoir about Jonathan's life, *Freedom from Addiction: A Mother's Story of Hope*. When Jonathan committed suicide at the age of thirty-five after battling acute depression for many years, she was committed to doing what he requested that she do a few weeks before he passed on—to continue telling his story so that others can receive these messages of hope.

Kristine has an Associate of Arts Degree in University Studies with an emphasis in Child Development and Family Relations from Brigham Young University and has also studied English at California State University Northridge. With all their adult children now living around the United States, Kristine and David live in Cody, Wyoming, the hometown of David's birth.