

How To's for Happiness

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 (*HC*, 5:134-135)

“You ask, ‘What is the price of happiness?’. You will be surprised with the simplicity of the answer. The treasure house of happiness may be unlocked and remain open to those who use the following keys: the first, you must live the gospel of Jesus Christ in its purity and simplicity-not a half-hearted compliance but hewing to the line. And this means an all-out devoted consecration to the great program of salvation and exaltation in an orthodox manner. The second, you must forget yourself and love your companion more than yourself. If you do these things, happiness will be yours in great and never-failing abundance.” (Spencer W. Kimball, *Faith Precedes the Miracle*, p. 126).

“Let us go forward in this glorious work. How exciting and wonderful it is. I do not know how anybody can feel gloomy for very long who is a member of this church. Do you feel gloomy? Lift your eyes. Stand on your feet. Say a few words of appreciation and love to the Lord. Be positive. Think of what great things are occurring as the Lord brings to pass his eternal purposes. This is a day of prophecy fulfilled, my brothers and sisters, this great day in the history of this Church. This is the day of which has been spoken of by those who have gone before us. Let us live worthy of our birthright. Keep the faith. Nurture your testimonies. Walk in righteousness and the Lord will bless you and prosper you and you will be a happy and wonderful people.” (Gordon B. Hinckley, Sandy Utah Cottonwood Creek Stake Conference, Dec. 3, 1995, as quoted in the *Church News*, Mar. 2, 1996, p. 2)

“I come to you who are leaving this great institution with a plea that we stop seeking out the storms and enjoy more fully the sunlight. I am suggesting that as we go through life we 'accentuate the positive'. I am asking that we look a little deeper for the good, that we still our voices of insult, and sarcasm, that we more generously compliment virtue and effort. I am not asking that all criticism be silenced. Growth comes of correction. Strength comes of repentance. Wise is the man who can acknowledge mistakes pointed out by others and change his course. What I am suggesting to you is that you turn from the negativism that so permeates our society and look for the remarkable good among those with whom you will associate, that we speak of one another's virtues more than we speak of one another's faults, that optimism replace pessimism, that our faith exceed our fears. When I was a young man and was prone to speak critically, my father would say, 'Cynics do not contribute, skeptics do not create, doubters do not achieve'.” (Gordon B. Hinckley, Commencement Address at BYU-Hawaii, June 10, 1983, as quoted in the *Church News*, July 3, 1983, p. 10)

“The Lord wants us to be happy. He will do His part if we will do our part. The Christlike life is the life that brings true happiness. There is no true happiness without God. Sin brings sorrow, disappointment and heartaches...It pays to live the gospel of Jesus Christ. It pays to accept the teachings of the Master, to apply them in our lives to be true to the standards of the Church, to be true to our covenants-to live the gospel...Men and women who turn their lives over to God will discover that He can make a lot more out of their lives than they can. He will deepen their joys, expand their vision, quicken their minds, strengthen their muscles, lift their spirits, multiply their blessings, increase their opportunities, comfort their souls, raise up friends and pour out peace. Whoever will lose his life in the service of God will find eternal life (see Matt. 10:39) . . . The Lord works from the inside out. The world works from the outside in. The world would take people out of the slums. Christ takes the slums out of the people, and then they take themselves out of the slums. The world would mold men by changing their environment. Christ changes men, who then change their environment. The world would shape human behavior, but Christ can change human nature.” (Ezra Taft Benson, *Teachings of Ezra Taft Benson*, p. 339,361:77-78)

“Happiness is the aim of the gospel, not pain nor grief, not gloom, not mere pleasure. There is difference between pleasure and joy, between pleasure and happiness. Joy is sweeter than pleasure. Joy is an emotion excited with the acquisition or expectation of good. Pleasure is state of gratification of the senses or mind and may be sensuous. It may be self-indulgence. It is nearly always transitory. Joy and happiness are permanent. Joy is pleasure not to be repented of.” (David O. McKay, *Church News*, Mar. 18, 1984, p. 16)

“If I am in the line of my duty, I am doing the will of God, whether I am preaching, praying, laboring with my hands for an honorable support; whether I am in the field, mechanic's shop, or following mercantile business, or wherever duty calls, I am serving God as much in one place as another, and so it is with all, each in his place, turn and time.” (Brigham Young, as quoted in the *Church News* Feb. 9, 1991, p. 2)

“Happy is the man that findeth wisdom, and the man that getteth understanding . . . Get wisdom, get understanding; forget it not;...Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.” Prov 3:13; 4:5,7

“He that loveth his brother abideth in the light, and there is none occasion of stumbling in him.” 1 John 2:10

The purpose of temperament styles is to promote understanding of ourselves and of those we deal with. It is not a personality test, but rather gives us insight into two areas: 1. How do we process communication? and, 2. What moves us to action? It is not a last, final answer to the perfecting of human relations, but rather a tool to help us get along with others, better understand ourselves, and to see areas where we can improve in. All charts are based from the book *Please Understand Me* by David Keirsey and Marilyn Bates.

E 75%	I 25%
Social	Territorial
External	Internal
Breadth	Depth
Expend Energies	Conserve Energies
Multiple	Limited Relationships
Relationships	

T 50%	F 50%
Objective	Subjective
Principles	Values
Laws	Ex. Circumstances
Firmness	Persuasion
Impersonal	Personal
Head	Heart

S 75%	N 25%
Facts	Hunches
Past	Future
Realistic	Speculative
Perspiration	Inspiration
Experience	Imagination

J 50%	P 50%
Settled	Pending
Decided	Tentative
Fixed	Flexible
Closure	Open Options
Deadline!	What deadline?

SJ Style- 38%

DUTY!

- *Must belong
- *Parental outlook
- *Bound and obligated
- *Needs to be prepared
- *Community & family
- *Teachers, Preachers, Bankers, Nurses

SP Style- 38%

FREEDOM!

- *Impulsive, Loves action
- *Must be free
- *Do not practice . . . they do!
- *Works well in a crisis
- *Enjoys tools, big or small
- *Likes varied work patterns
- *Athletes, Fire & Police work, Construction

NT Style- 12%

LOGICAL!

- *Fascinated by power
- *Wants to be competent
- *Self-critical
- *Works at play
- *Expects little from others, much from self
- *Science, Math, Computers, Engineering

NF Style- 12%

AUTHENTIC!

- *Search for self
- *Wants to be real
- *Relationships important
- *Wants to become
- *Searches for deep meaning
- *Actors, Poets, Playwrights, Romantics

“Do you want to be happy? Forget yourself and get lost in this great cause, and bend your efforts to helping people. Cultivate a spirit of forgiveness in your heart against any who might have offended you. Look to the Lord and live, and work to lift and serve His sons and daughters. You will come to know happiness like you've never known it before. I don't care how old you are, how young you are. You can lift people and help them. Heaven knows there are so very, very many people who need help . . . Let's get the cankering, selfish attitude out of our lives . . . and stand a little taller and reach a little higher in the service of others. It has been said that a man's reach should exceed his grasp. Stand tall. Stand high. Lift those of the feeble knees; hold up the arms of those that hang down (see D&C 81:5.) Live the gospel of Jesus Christ. Forget yourself. 'Whosoever will lose his life for my sake shall find it'.” (President Gordon B. Hinckley, fireside in Liverpool, England, Aug. 31, 1995, as quoted in the *Church News*, Sep. 9, 1995, p .4)

“Perhaps the greatest charity comes when we are kind to each other, when we don't judge or categorize someone else; when we simply give each other the benefit of doubt or remain quiet. Charity is accepting someone's differences, weaknesses, and shortcomings; having patience with someone who has let us down; or resisting the impulse to become offended when someone doesn't handle something the way we might have hoped. Charity is refusing to take advantage of another's weakness, and be willing to forgive someone who has hurt us. Charity is expecting the best of each other.” (Elder Marvin J. Ashton, *Ensign*, May 1992)