



choose

JOY

A Study in Philippians

1. Don't look for *happiness*;
create it.

2. *Happiness* is not a **goal**.

3. *Happiness* is a **choice**.

4. *Happiness* based on
happenings—is **temporary**.

5. *Happy habits* are just
as addicting as bad
habits—but they're a
whole lot more
rewarding.