



7 Takeaway Tips for cheerful, caring, congenial, living

7 Takeaway Tips for *cheerful, caring, congenial,* living



Tip 1. Look for good in your life

Be grateful. Gratitude brings more good into your life.

- Each day list down 5 simple things that you're grateful for right now.

*"Gratitude is much more than a verbal expression of thanks.
Action expresses more gratitude than speech."*

Science and Health with Key to the Scriptures by Mary Baker Eddy p. 3

Tip 2. Be happy

Happiness is spiritual. It's within you.

- Affirm: God made me happy and He keeps me happy.

*"Happiness is spiritual, born of Truth and Love. It is unselfish;
therefore it cannot exist alone, but requires all mankind to share it."*

Science and Health with Key to the Scriptures p. 57

Tip 3. Say "no" to loneliness.

Divine Love companions you 24/7.

- Watch what you let into your thinking. What you expect is what you get.

*"Hold thought steadfastly to the enduring, the good, and
the true, and you will bring these into your experience
proportionably to their occupancy of your thoughts."*

Science and Health with Key to the Scriptures p. 261

"God setteth the solitary in families:"

The King James Bible. Psalms 68:6

Tip 4. Love others

- For the next 10 minutes mentally say, "I love you" to everyone you see or who comes to your thought.

*"Love one another" (I John, iii. 23), is the most simple and
profound counsel of the inspired writer."*

Science and Health with Key to the Scriptures p. 572

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Tip 5. Love first

Don't wait for someone to love you. Cherish others.

- Plan the best nice surprise for someone else.

"The rich in spirit help the poor in one grand brotherhood, all having the same Principle, or Father; and blessed is that man who seeth his brother's need and supplieth it, seeking his own in another's good."

Science and Health with Key to the Scriptures p. 518

Tip 6. Expect good in your life right now

Love is abundant – like sunshine that pours out from the sun.

- Choose a life filled with love.

"Whatever holds human thought in line with unselfed love, receives directly the divine power."

Science and Health with Key to the Scriptures p. 192

Tip 7. Practice thinking spiritually

Divine Love made you loved, lovable and loving.

- Affirm this about yourself and everyone you know.

"Love never loses sight of loveliness. Its halo rests upon its object. One marvels that a friend can ever seem less than beautiful."

Science and Health with Key to the Scriptures p. 248

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An essential tool for
cheerful, caring, congenial living.
The right reference book.

