

**THE IMPORTANCE OF WORK-LIFE BALANCE:
THE PURSUIT OF HAPPINESS**

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DICTIONARY.COM: HAPPINESS

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- **noun**
- the quality or state of being happy.
- good fortune; pleasure; contentment; joy.

U.S. DECLARATION OF INDEPENDENCE DRAFTED BY THOMAS JEFFERSON

(1776)

- We hold these truths to be sacred & undeniable; that all men [persons] are created equal & independent, that from that equal creation they derive rights inherent & inalienable, among which are the preservation of life, & liberty, & the pursuit of happiness; ...

JOHN LOCK'S, *ESSAY CONCERNING HUMAN UNDERSTANDING*

- "the highest perfection of intellectual nature lies in a careful and constant pursuit of true and solid happiness" (1689)

BUDDHA

- “There is no path to happiness. Happiness is the path.”
- “Happiness does not depend on what you have or who you are. It solely relies on what you think.”
- “A disciplined mind brings happiness.”
- <https://www.keepinspiring.me/buddha-quotes>

DALAI LAMA XIV

- Happiness is not something ready made, it comes from your own actions.
- “Choose to be optimistic, it feels better.”
- “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”
- https://www.goodreads.com/author/quotes/570218.Dalai_Lama_XIV

HELEN KELLER

- When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.
- <http://wisdomquotes.com/happiness-quotes/>

AMELIA EARHART

- “The most effective way to do it, is to do it.”
- <https://brightdrops.com/inspirational-quotes-for-women>

KATHARINE HEPBURN

- “If you obey all the rules, you miss all the fun.”
- <https://brightdrops.com/inspirational-quotes-for-women>

OPRAH WINFREY

- “Forget about the fast lane. If you really want to fly, just harness your power to your passion.”
- <https://brightdrops.com/inspirational-quotes-for-women>



**LOOKING BACK ON 30 YEARS, OR, IF I
KNEW THEN WHAT I KNOW NOW**

CHANDLER'S BITS OF WISDOM ON THE PURSUIT OF HAPPINESS

- When you are gifted an inspiration, expect that some people will not understand, because they were not the one who received the gift. (Believe in yourself despite criticism and resistance.)
- Channel your inspirations through public displays of impassioned intellect. The open-minded will support you and may join you, and naysayers will get out of the way. (Create a movement.)
- Rejoice in others' pursuits, there is plenty enough for everyone to be happy. (Mentor & support.)
- Embrace the unity of community sharing, because an isolated pursuit of happiness can be a lonely journey. (Collaborate.)
- Often visit the beautiful outdoors, especially after any storm. (Take time to enjoy the journey of life, to rest and reflect, because it goes by quickly.)