



*“Joy”*

*FEBRUARY 1*

We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.

~ FREDERICK KOENIG



*“Joy”*

*FEBRUARY 2*

It is not how much we have, but how  
much we enjoy, that makes happiness.

~ CHARLES SPURGEON



*“Joy”*

*FEBRUARY 3*

Joy does not simply happen to us. We have to choose joy and keep choosing it every day. It is a choice based on the knowledge that we belong to God and have found in God our refuge and our safety and that nothing, not even death, can take God away from us.

Joy is the experience of knowing that you are unconditionally loved and that nothing—sickness, failure, emotional distress, oppression, war, or even death—can take that love away.

~ HENRI NOUWEN



*“Joy”*

*FEBRUARY 4*

If you want others to be happy,  
practice compassion. If you want to be  
happy, practice compassion.

~ THE DALAI LAMA



*“Joy”*

*FEBRUARY 5*

For me, happiness came from prayer to a kindly God, faith in a kindly God, love for my fellow man, and doing the very best I could every day of my life.

~ EDWARD YOUNG



*“Joy”*

*FEBRUARY 6*

Growth itself contains the germ  
of happiness.

~ PEARL S. BUCK



“Joy”

*FEBRUARY 7*

It is the chiefest point of happiness that a  
man is willing to be what he is.

~ DESIDERIUS ERASMUS  
*(The Praise of Folly)*



*“Joy”*

*FEBRUARY 8*

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





*“Joy”*

*FEBRUARY 9*

Don't mistake pleasures for  
happiness. They are a different  
breed of dog.

~ JOSH BILLINGS



*“Joy”*

*FEBRUARY 10*

Happiness is a butterfly which  
when pursued is just out of grasp...  
But if you will sit down quietly,  
may alight upon you.

~ NATHANIEL HAWTHORNE



*“Joy”*

*FEBRUARY 11*

Somehow not only for Christmas  
But all the long year through,  
The joy that you give to others  
Is the joy that comes back to you.  
And the more you spend in blessing  
The poor and lonely and sad,  
The more of your heart's possessing  
Returns to make you glad.

~ JOHN GREENLEAF WHITTIER



*“Joy”*

*FEBRUARY 12*

Most folks are about as happy as they  
make up their minds to be.

~ ABRAHAM LINCOLN



*“Joy”*

*FEBRUARY 13*

False happiness is like false money; it passes for a longtime as well as the true, and serves some ordinary occasions; but when it is brought to the touch, we find the lightness and alloy, and feel the loss.

~ ALEXANDER POPE



*“Joy”*

*FEBRUARY 14*

I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy. Let's face it, friends make life a lot more fun.

~ CHARLES R. SWINDOLL



“Joy”

*FEBRUARY 15*

Happiness is neither virtue nor  
pleasure nor this thing nor that but  
simply growth, We are happy  
when we are growing.

~ WILLIAM BUTLER YEATS  
*(In Conduct of Life by Mumford)*



*“Joy”*

*FEBRUARY 16*

All times are beautiful for those who maintain joy within them; but there is no happy or favorable time for those with disconsolate or orphaned souls.

~ ROSALIA CASTRO





*“Joy”*

*FEBRUARY 17*

Seek to do good, and you will find that  
happiness will run after you.

~ JAMES FREEMAN CLARKE



*“Joy”*

*FEBRUARY 18*

Men are made for happiness, and anyone  
who is completely happy has a right to say  
to himself:

“I am doing God's will on Earth.”

~ ANTON CHEKHOV



“Joy”

*FEBRUARY 19*

We have no more right to consume  
happiness without producing it than to  
consume wealth without producing it.

~ GEORGE BERNARD SHAW

*(Candida)*



*“Joy”*

*FEBRUARY 20*

Happiness ... it lies in the joy of  
achievement, in the thrill of  
creative effort.

~ FRANKLIN DELANO ROOSEVELT



“Joy”

*FEBRUARY 21*

It is better to be happy  
for a moment  
and be burned up with beauty  
than to live a long time  
and be bored all the while.

~ DON MARQUIS  
(*Archy and Mehitabel*)



*“Joy”*

*FEBRUARY 22*

We find greatest joy, not in getting, but in expressing what we are... Men do not really live for honors or for pay; their gladness is not the taking and holding, but in doing, the striving, the building, the living. It is a higher joy to teach than to be taught. It is good to get justice, but better to do it; fun to have things but more to make them. The happy man is he who lives the life of love, not for the honors it may bring, but for the life itself.

~ R. .J. BAUGHAN



*“Joy”*

*FEBRUARY 23*

Happiness is something that comes into  
our lives through doors we don't even  
remember leaving open.

~ ROSE LANE



*“Joy”*

*FEBRUARY 24*

True happiness comes from the joy of  
deeds well done, the zest of  
creating things new.

~ ANTOINE DE SAINT-EXUPERY





*“Joy”*

*FEBRUARY 25*

Happiness comes of the capacity to feel  
deeply, to enjoy simply, to think freely, to  
risk life, to be needed.

~ STORM JAMESON



*“Joy”*

*FEBRUARY 26*

The only way to happiness is never to give  
happiness a thought.

~ ELTON TRUEBLOOD



*“Joy”*

*FEBRUARY 27*

All who would win joy, must share it;  
happiness was born a twin.

~ GEORGE GORDON BYRON, LORD BYRON



*“Joy”*

*FEBRUARY 28*

This is the true joy in life—being used for a purpose recognized by yourself as a mighty one; being thoroughly worn out before you are thrown on the scrap heap; being a force of nature instead of a feverish selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you consistent.

~ GEORGE BERNARD SHAW