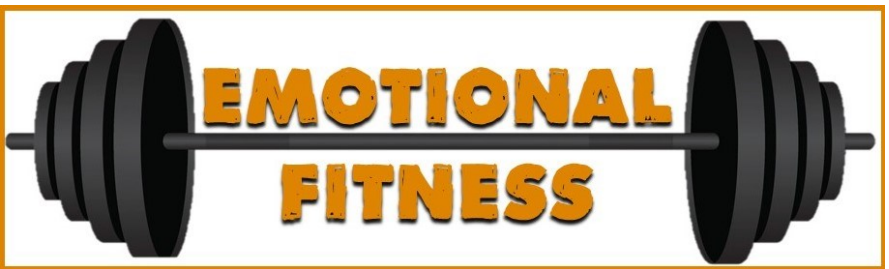


# Emotional Fitness

*Part 5: Choose to Be Happy*



# Emotional Fitness

## My Choice

1. When little things annoy me, I choose to \_\_\_\_\_

“Live every day like it’s the first day of your marriage ... and the last day of your life.”

“Life is not measured by the number of breaths we take, but by the number of moments that take our breath away!”

“This is the day the Lord has made; let us rejoice and be glad in it!”  
(Psalm 118:24)

Today is a gift – that’s why we call it “the present.”

### Lesson 1

*Happiness is a decision you make,  
not an emotion you feel.*

2. **When I'm in a tough spot, I choose to \_\_\_\_\_**

"I have learned the secret of being content in any and every situation, whether well-fed or hungry, whether living in plenty or in want. I can do all things through Christ who gives me strength!" (Philippians 4:12-13) ... "Rejoice in the Lord always! I'll say it again: Rejoice!" (Philippians 4:4)

### **Lesson 2**

*Don't worry about things you can't control.*

3. **When nothing is working out as planned, I choose to quit \_\_\_\_\_ and start \_\_\_\_\_**

"The Lord directs the steps of His people. He delights in every detail of their lives." (Psalm 37:23)

"How can we understand the road we travel? It is the Lord who directs our steps." (Proverbs 20:24)

### **Lesson 3**

*Quit questioning and start trusting.*