

## HAPPY FAMILY

Family is a whole world to every one of us. We work hard and put every effort to make our people happy. The essence of a happy family is that they truly uplift each other and that all comes down to how they treat each other. Do your best to incorporate these five happiness habits into your daily life as a family:



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**Commit:** A committed family is one in which everyone knows that they are loved, important, and special to the others. They stick up for each other and stick together.

**Celebrate:** Happy families celebrate each other. They don't wait for "occasions." They are alert for little 'wins' in life and encourage each other in their efforts.



**Communicate:** Happy families pay attention to each other. They put down their devices and put aside their projects to listen fully when someone wants to share. They ask each other about their day and are truly interested in the answer. They share their thoughts and feelings and respond thoughtfully and sensitively to the thoughts and feelings of others.

**Care:** Members of happy families reassure each other of their love through both words and actions. Little expressions of thoughtfulness are just part of the family routine. It is understood that the words of courtesy (please, thank you, excuse me) are an important way that people show respect and caring for each other.



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**Cuddle:** It's something that isn't talked about anywhere near enough. People need to be petted, hugged, stroked and cuddled. Big hugs and small caresses are a big part of the nonverbal communication in happy families. Happiness isn't an "extra" in life. It's important. Happy people not only feel better, they actually are more successful in their personal and work lives. No, happiness doesn't come from success. Success comes from happiness. Researches say that happy kids are healthy kids. So treat your family the way you'd treat an important guest.



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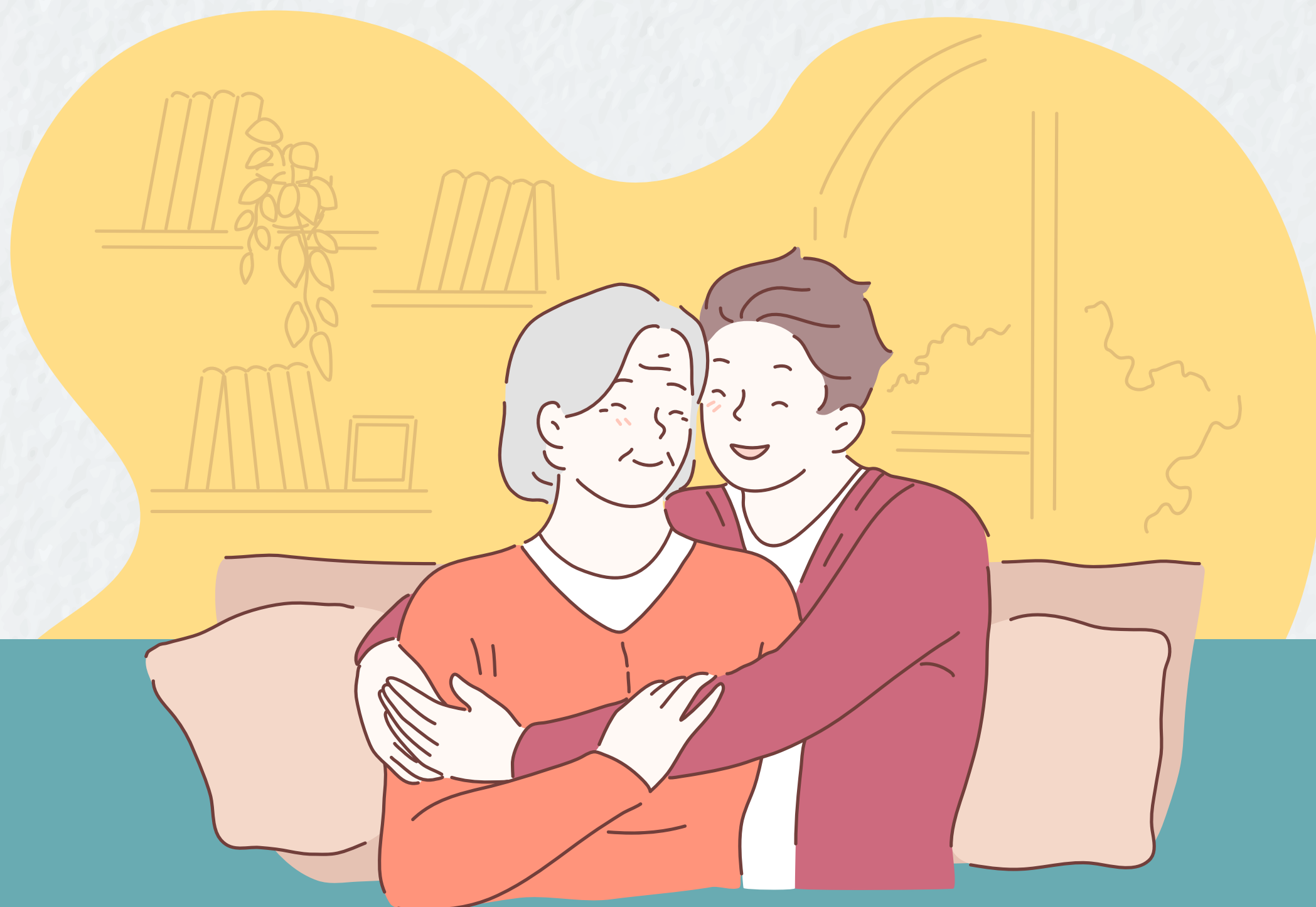
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This applies to parents and children alike. Children will treat their parents with honour and vice-versa.

You would be at your best behaviour in front of an important person. The important persons are your family members.

Speak in a respectful tone. You wouldn't be rude to a guest. Don't pick on small things, instead put forth your request decently.

Stop abusing. Sometimes I hear children saying mean things to their parents breaking their hearts into pieces. And some parents are also guilty of doing the same. Keep a watch on your words.



Create a culture of respect. Treat each other with honour. They probably hurt you and made you cry. Despite all that, respect each other whether you feel like it or not.

No person is perfect. Do not compare your parents to your friend's parents. Do not compare your children to their friends. Every human desires to feel worthy. Appreciate the gems in your family.

**Make your day joyful**

