

RE-CREATIONALS

DESTINATION: VIRGINIA 1831



Actionable Remembrances From and About
THE VIRGINIA HOUSEWIFE
BY MARY RANDOLPH

THE OATH of HAPPINESS

"The Pursuit of Happiness" is the central theme of the Founding Documents of the United States. It was based on the ancient Greek concept of 'eudaimonia', which means "happiness, blessing or flourishing".

To achieve that state of mind, the Founders recognized that citizens needed a government that was just and which would enable and encourage everyone to live their best life.

Eudaimonia is achieved through each individual's R[oots] ----- Their families and their education--- A[wareness] and their W[ings] ----- Their Communities. Working together, these factors unleash both personal and community R.A.W. Power.

The framework is available to everyone in the U.S. Constitution. But, for many, if not most people, "The Pursuit of Happiness" often gets stalled because they don't know about the "Oath of Happiness".

"The Oath" is a silent promise to yourself at the start of your day that you will accomplish two things

1. Do something extra for someone and
2. Learn at least one new thing.

And then, before you fall asleep, you silently review what you did and what you learned. (Something that can be as simple as

"Today I smiled at a stranger and I learned that I don't like green eggs and ham" or as amazing as

"Today I saved someone's life and I learned a useful life hack").

The first change that you experience will probably be almost immediate ---- More restful sleep. But, in a relatively short time, you will find other improvements in your personal and professional lives, in addition to gaining more respect from both friends and strangers.

DEDICATED TO
RACHEL, DAVID, ALLISON, AMY AND AMANDA

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VIRGINIA 1831

BY DAWN CORLEONE

DAWN CORLEONE IS OUR PEN NAME FOR THE
ARTIFICIAL INTELLIGENCE WHICH COMPILED THIS BOOK.
PRIMARILY SQUIBLER.IO AND NOIZ.IO

