

*February Virtue:*  
*Cheerfulness*  
**Looking on the bright side!**

The virtue of cheerfulness helps us live lives of service. Cheerfulness is the habitual display of a happy demeanor, despite inward or outward circumstances.  
Some marks of a cheerful person . . .

- Sees the glass as half full, not half empty.
- Smiles a lot.
- Speaks many more positive than negative words.
- Tends to look for the bright side of negative situations.
- Often lifts people's morale.
- Can handle not getting what they want or expect.
- Often count their blessings and are grateful for the good things they receive.
- Can get out of a bad mood they may find themselves in.
- Doesn't expect bad things to happen.
- Doesn't mind a difficult challenge.



For most people, cheerfulness is not a virtue but an *effect* which is caused by possessing and enjoying good things. We should strive to make cheerfulness an *act of will*, rather than being an *effect* of circumstances. The virtue of cheerfulness *causes* happiness in oneself and others. One of the most effective ways we can become more cheerful (and grateful) is to count our blessings every day. Mentally recall or make a list of everything you can think of that you are thankful for.