

# The Happiness Dare Manifesto

Today, I am taking the dare. I have made my choice. I refuse to join the chorus of negativity. I resist the pull toward bitterness. I will not sleepwalk through my own life. I was made for more.

I accept the challenge to enter into a holy pursuit of happiness, to boycott cynicism, to wring the delight out of ordinary days, and to hunt for happiness even when it's hard to see.

I will choose happiness – because my happiness matters to God.  
I believe in a happy Savior who delights in my delight.

I believe that life doesn't have to be perfect to be fulfilling. I will stop wishing for the happiness in someone else's life – and discover happiness in the one I'm living.  
If I am trying to be like someone else, it had better be Jesus.

I won't be captivated by store-bought happiness, possessions, status, or position.  
Happiness is not in things; it is in me – because that's where the Holy Spirit resides.

I understand that happiness is more than a feeling; it's a decision I get to make every day.

Even though I choose happiness, I refuse to shame myself for feeling sad. I will allow myself the space to weep and mourn. And I will give other people the space to do the same.

I will look for happiness even when it's hard to find. Sometimes, the looking is what will save me.  
Some days, this will take effort, so I pledge to make happiness a spiritual discipline.

When I choose happiness, I am not denying the pain of this world. I am refusing to give in to it.

I will choose happiness, over grumpiness, because cranky Christians  
make horrible advertisements for Jesus.

I am committed to finding the sweet spot of my heart's deepest, holiest, and most vulnerable desire – not only for my own delight, but supremely for God's.

To Jesus Christ my Savior, thank you for showing me what happiness is. Of all the people in the world, your followers should be the happiest of all. Let my life reveal that truth.  
I will honor you, from this day forward, in my holy pursuit of happiness.

I'm in.



*Signed:* \_\_\_\_\_

*Date:* \_\_\_\_\_