

---

## The Happiest Day of the Year

Earlier this year I informed readers of *Everyday Leadership* that January 23<sup>rd</sup> was the worst day of 2006. Health psychologist Cliff Arnall gave us a scientific formula to determine the worst day of the year. He combined factors like the weather, debt, time since Christmas, and some other stuff that apparently matters to really left-brained people to determine a scientific model. All the time he invested in the model allowed him to share with us that January 23<sup>rd</sup> was the worst day of the year.

The more positive characters in the world may be asking, “If January 23<sup>rd</sup> was the worst day of 2006, when is the best day?” Thanks to Mr. Arnall’s unwillingness to leave the world hanging without an answer to that question, he continued his research and created a formula to determine the happiest day of the year. This time he considered outdoor activity, nature, social interaction, looking forward to future activities, and a bunch of other stuff that made absolutely no sense to me whatsoever. However, thanks to Mr. Arnall’s considerable intellect, we can rest easy knowing that the happiest day of 2006 is today, June 23<sup>rd</sup>.

I prefer to not wait so close to the end of the month to send out *Everyday Leadership*. But I wanted to send it out on June 23<sup>rd</sup> to see if today was any better than any of the other days. It has been an incredible day. It started out the way I like to start each day ... I woke up. I’m not traveling today, so I got to enjoy coffee with my wife. It’s Friday, so it’s somewhat quiet in the office. We’re going to dinner with friends this evening and will surely enjoy great food and fellowship. All in all, a great day! Do those things make it “the happiest” day of the year?

I don’t know Cliff Arnall personally, but I bet he’s a really nice man. He’s probably very smart, and extremely passionate about what he does. For those who believe that a calculation using weather and debt and outdoor activity are good indicators of the best and worst days of the year, then I would suggest he is probably the best guy to follow. In fact, he may be the only guy to follow. But quite frankly, I’m not much interested in having someone else calculate my happiest and worst day. I’m completely capable of doing that without the help of a scientific formula.

The point is this. A formula will not tell you the best and worst days of your life. *You* get to decide the happiest day of the year. *You* get to decide the factors that make the happiest day. *You* get to create the happiest days of your life.

Today is not over, so it very well may turn out to be the happiest day of the year. But quite frankly, it has some pretty tough competition to be the happiest day of the *month* because of some pretty spectacular things that have happened in June! Mr. Arnall may be very smart, and I’m sure he’s worked the following factors into his formula somewhere. But I feel pretty certain that none of us needs a scientific calculation to realize the impact we each have in determining the best day of our life:

### Cherish time with friends and family

Time flies by so fast that sometimes we forget to enjoy the time we spend with friends. When I use the term “friends”, I don’t mean acquaintances. I mean real friends. I believe we each get a handful of real friends in a lifetime, and sometimes we take them for granted, and end up wondering whatever happened to them somewhere down the line. This past month I had a few days when I got to spend time with family and some of those “real” friends, and if those don’t end up as the happiest days, then I’m missing something really big.

### Give back without expecting anything in return

Earlier this month I had the pleasure of serving as the Master of Ceremonies for an annual event for St. Jude’s Ranch for Children. This is a wonderful organization dedicated to enhancing the lives of children who have been abandoned, abused or neglected. I was honored to be asked to be a part of their event, and gladly provided my services without expecting anything in return. You see, the happiest days are not always the days when you get something. Quite often they’re the days you give a part of you in service to others.

### Appreciate the small things

Some people struggle to determine the happiest day of their life because they assume something big has to happen. I love it when something big happens, but quite often the things that bring the most joy are the small things that are easily overlooked. If you really want to find the happiest day, look for the day with the small things that really matter.

We all have different factors that will determine our best day of 2006. I hope you’ve had a great year, and I hope the best is yet to come!

God bless!

---

*© Verbalocity, Inc. 2006 (Author: Clint Swindall) Clint is the president & CEO of Verbalocity, Inc., a personal development company with a focus on leadership enhancement. He focuses on enhancing the way people lead themselves and those around them, and delivers his message through the Engaged Leadership™ and Engaged Living™ platforms of Verbalocity, Inc. He is based in San Antonio, Texas, and can be reached at (877) Verbalocity (877-837-2256), [www.verbalocity.com](http://www.verbalocity.com), or [clint@verbalocity.com](mailto:clint@verbalocity.com).*

***Note: Word-for-word reproduction of this article is encouraged and permitted, provided the above copyright notice is included in its entirety.***