What do you practice everyday?

So,my question to you today is:what do you practice...everyday?What do you practice?Because what you practice,you’ll get good at.What do you practice?Do you practice JOY in your life?Do you practice PEACE in your life?Do you practice HAPPINESS in your life?Or do you practice a lot of COMPLAINING?’Cause if you complain.You’ll get very good at it!And you’ll get SO good at it,that you’ll find fault with EVERYTHING!Even when there is NO fault,that a layman cannot see.YOU,being an expert,will see it!What do you practice?Do you practice ANGER?Do you practice ANGER?’Cause if you practice ANGER,you’ll get VERY good at it!and you’ll get SO good at it...that the most TRIVIALIST thing,TRIVIAL...thing,will make you ANGRY!Like sitting in an airplane,watching the seat across from you,somehow looks better...then the one you have been given!And that is so unfair of the airline!What do you practice?Do you practice being WORRIED?’Cause if you practice being WORRIED...You’ll get very good at it!And you’ll get SO good at it,that EVERYTHING will worry you!including the buffalo you don’t have!So,I propose.if this is TRUE that it’s a question of practice,then I propose you practice...JOY!