

## Tri-Fall

### Happiness

When faced with stagnation and confusion  
it may be helpful to take an hour, an afternoon,  
or even several days to reflect on what it is  
that will truly bring us happiness. 14<sup>th</sup> Dalai Lama

- 6a You see movie "Happy"  
3b in an hour  
8c and learn the Danes are the happiest  
6a "Sound of Music" is not sappy  
3b they shower  
8c favorite things the snappiest.
- 6d An afternoon to think  
3e could help some  
8f objects, thoughts, or relationships  
6d decisions to the brink  
3e quite awesome  
8f memories of scenes on good trips.
- 6g Could take several days  
3h still not sure  
8i if choices would shift daily or  
6g require change of ways  
3h to insure  
8i or just what I need to explore.

### Tri-Fall:

Invented by Jan Turner

1. Three sixains.
2. Syllable Count: 6-3-8-6-3-8 per line
3. Rhyme Scheme: a-b-c-a-b-c d-e-f-d-e-f g-h-i-g-h-i
4. Written with little or no punctuation