

Happiness is my primary state of being. Happiness is my natural state.

REGARDLESS OF HOW MANY OBSTACLES AND SETBACKS I EXPERIENCE IN MY LIFE, **I KNOW THAT I AM DESTINED TO BE HAPPY.** I WAS BORN TO BE HAPPY AND CONTENT WITH MY LIFE.

HAPPINESS IS THE NATURAL STATE OF EVERYONE. HAPPINESS CAN BE COVERED UP BY NEGATIVE THOUGHTS AND EXPERIENCES, BUT IT IS ALWAYS THERE, JUST WAITING TO BE EXPERIENCED AGAIN.

I REALIZE THAT MUCH OF MY UNHAPPINESS IS THE RESULT OF MY OWN DOING. I OCCASIONALLY THINK NEGATIVELY OR FOCUS ON MY CHALLENGES TOO MUCH. WHEN I REMEMBER THAT FEELING HAPPY IS 100% NATURAL, I CAN EXPERIENCE HAPPINESS AGAIN.

I AM HAPPY MOST OF THE TIME. IN FACT, I AM THE HAPPIEST PERSON I KNOW. I EXPERIENCE HAPPINESS ON A REGULAR BASIS AND ENJOY MY LIFE GREATLY.

I AM A FORTUNATE PERSON TO HAVE SO MUCH HAPPINESS IN MY LIFE. I ALLOW MYSELF TO BE HAPPY, EVEN WHEN THE CIRCUMSTANCES IN MY LIFE ARE CHALLENGING.

I AM BECOMING BETTER AT FEELING HAPPY REGARDLESS OF WHAT IS GOING ON IN MY LIFE. HAPPINESS IS MY PRIMARY STATE OF BEING.

TODAY, I AM OPTING TO FEEL HAPPY ALL DAY LONG. I AM REJECTING ALL NEGATIVE EMOTIONS AND ALLOWING MYSELF TO HAVE A GREAT DAY. HAPPINESS IS TOTALLY NATURAL TO ME.

SELF-REFLECTION QUESTIONS:

1. WHAT IS MY PRIMARY EMOTION ON AN AVERAGE DAY?
2. WHAT WOULD HAPPEN IF HAPPINESS BECAME MY PRIMARY EMOTION?
3. WHEN HAVE I BEEN THE HAPPIEST IN MY LIFE? WHY? WHAT COULD I DO TO BE HAPPIER ON A REGULAR BASIS?
4. WHAT COULD I CHOOSE TO BELIEVE THAT WOULD MAKE ME HAPPIER?

