



The New Year's Happiness Checklist :-)



In many ways, the choice is yours to find happiness rather than focus on the challenges.

Remember, you can choose Happiness ♥♥

Decide to Choose Happiness

Most decisions we make are based upon our beliefs. But, we can choose to look at life differently.

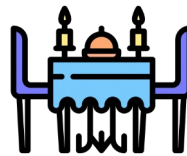


Yes, you have the power to change how the world affects you, for the better.

We cannot control life, but we can control our reaction to many things that happen. We are able to see and focus on the good things that come into our world if we choose to, and I want to assure you that you have the ability to choose which reactions you want to emphasize.

The worksheet on the next page has some suggestions of thoughts and actions to focus on. Then when challenges arise you will be primed to see the good in life and the good you can bring to others. 😊

Today, now, this instant, think of something nice, and think how much nicer it would be if the world is always pleasant. Now remember that each of us has the power to change how the world affects us. Use that power to improve the world you live in every day.

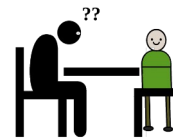


Love is in the world for all of us. We just have to be open to receiving it.



Don't let the situation control you

You can take control back. Make a point of thinking about one nice thing, real or desired, until you can see it, and almost touch it.



Now imagine how you would feel. Really imagine it, and all that goes with it. Smiles, calm, happiness.

Now, don't imagine, but realize that your happiness is real, that you truly can affect your reactions to the world, and you have the beginnings of making your world a nicer place to be.

So run, don't walk, to the new life you can have and enjoy, starting today!

This is a worksheet to collect our virtual armor against negative influences.

The purpose is to get some nice thoughts, relaxing visions, pleasant memories, favorite goals and plans, anything that brings you peace and happiness, all primed in our mind. Then if something arises that brings stress into our life we have a safe place to visit for just a moment, to remind ourselves of how life can be. We can then move forward with calm and confidence knowing that we are moving closer to a purposeful way of living.

So right now write down some peaceful and joyous thoughts:

I can find happiness in:

This is an opportunity for me to be better at:

I am thankful for:

I can make others happier by:

Happy New Year's Day wishes that your day, and your future, will be a little better by envisioning a nicer life and a happier you! Enjoy all that life has to offer ❤️