

HAPPINESS PRINCIPLES

READ FREQUENTLY AND APPLY

- 1. I THINK APPRECIATIVELY AND GRATEFULLY.**
“WHAT AM I GRATEFUL FOR NOW?”
- 2. I SPEAK AND ACT JOYFULLY AND KINDLY.**
- 3. I ASSUME THERE IS A BENEFIT.**
“WHAT’S GOOD ABOUT THIS?”
- 4. I STRIVE FOR MEANINGFUL GOALS.**
“WHAT’S MY GOAL FOR NOW?”
- 5. I SEE MYSELF BEING THE WAY I WISH TO BE.**
“HOW DO I WANT TO BE?”
- 6. I FOCUS ON SOLUTIONS.**
“WHAT OUTCOME AM I LOOKING FOR?”
- 7. I LET CHALLENGES DEVELOP MY CHARACTER.**
“THIS TOO WILL DEVELOP MY CHARACTER.”
- 8. I CONSISTENTLY ACCESS POSITIVE STATES. MY AWESOME BRAIN STORES MY BEST STATES.**
- 9. I SMILE AND WAVE TO MIRRORS. THEY ALWAYS SMILE AND WAVE BACK TO ME.**

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Chapter 21: Mastering Happiness and Joy

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