YOUR PATH TO HAPPIERNESS

As with mindfulness, the only time Happierness can happen is in the present. This is why practicing this life skill and mindset relies on self-kindness to release past negativity, Earned Confidence to avoid future uncertainties and self-awareness to minimize unproductive thoughts. As you continue to progress on your path to Happierness, you may find it helpful to refer to the chart below as a reminder whenever needed.

HAPPIERNESS SKILLS	CORE PRINCIPLES
❶ **SELF-KINDNESS** **RELEASE ALL PAST BAGGAGE**	● Choose to be nothing less than kind to yourself at all times ● Let go of all residual negativity ● Give your imperfections grace ● Rely on kindness as a barometer for day-to-day decisions and the relationships you either nurture or insulate
❷ **EARNED CONFIDENCE** **AVOID FUTURE UNCERTAINTIES**	● Proven by all you've overcome and already achieved ● You're *fully* capable of coping with whatever happens ● Trust yourself to outsmart worry, anxiety and assumptions ● Just deal with the real and allow foresight to help
❸ **SELF-AWARENESS** **DISPEL NEGATIVE THOUGHTS**	● Your mind is not you; thoughts are not facts ● Catch yourself in the act and break free from negativity ● Forbid unproductive ruminations; nurture problem-solving ● Practice affirmations, mindfulness and gratitude
❹ **POSITIVITY REFLEX** **(HAPPIERNESS)** **EMBRACE ABSOLUTE OPTIMISM**	● Optimism and pessimism apply to the same circumstances ● We can't control life events but can choose how we react ● Accept hardships and take the healthiest path through ● Strive to make the best of every situation, no matter what
❺ **MINDFULNESS** **BE PRESENT**	● "Now" is the only time life is actually happening ● Tune in to your breath, self, others and your surroundings ● Be in the moment, breathe and free of judgment ● It may be the most important life skill of all
❻ **ENERGY CONSCIOUS** **SET BOUNDARIES AND MAINTAIN CONTROL**	● Monitor your personal energy and adapt your productivity ● Assume personal responsibility for how you affect others ● Be mindful during encounters how others affect you ● Seek those who lift your spirits and avoid negativity of others
❼ **GRATITUDE** **ENRICH EXPERIENCES**	● A powerful experience of mindfulness and enrichment ● Gratitude works, be intentional and fold it into daily living ● Be magnetic, align your thoughts, words, feelings and vision ● What we expect, tends to happen
❽ **PURPOSE** **ALIGN PASSION & SELF-BELIEF**	● Keep your eye on your Why ● Be crystal clear about your vision and intentions ● Allow total faith to affirm your self-belief ● Fuel your passion, grit and resilience with Inevitability

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AFFIRMING YOUR HAPPIERNESS

By now, you've probably noticed that this Life Upgrade is designed to give you every advantage in your self journey. In this case, it includes offering a selection of positive affirmations among every facet of Happierness.

As with other activities you've experienced outside your [current] comfort zone, affirmations may seem hokey and unnatural. Then again, you may be someone who already relies on them to enrich your days.

Look at it this way. If you're someone who's prone to negative self-talk, then positive affirmations can empower you with greater control of your inner self-critic. For most of us, unless we have rewritten our subconscious with positive affirmations, negative preprogramming – typically from childhood - replays in our minds. Wouldn't it be better to hear more from your inner cheerleader?

Discover for yourself, research is emerging with proof that how you live your life is largely determined by our internal self-talk throughout the day. Affirmations can have many benefits, including to reduce stress and improve health overall.

So it's sensible here to consider making it a habit to set aside just 5 minutes each morning and evening. Doing this will set the tone for your day and get you moving in a positive direction. Find a quiet place, close your eyes and start with the affirmation that you feel more attuned to that day.

Think of this list as a menu of options and/or customize your own. Feel empowered as you repeat these affirmations. Feel the energy of your words and thought flow through you. Be intentional by choosing to love and compliment yourself. Stay positive about your body, mind, and soul.

There are any number of ways to get into action. You may prefer to say them aloud and/or write and read them in a journal. You could record and listen to them, say them in the mirror, during your meditation routine or put them on your vision board. Keep them on index cards in your pocket, desk and/or car. Repurpose downtime to revisit them.

It's time to program new thoughts and habits with positive affirmations that help bring you what you DO want! How would it feel to say any of these things… Just give it a try.

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HAPPIERNESS AFFIRMATIONS MENU

HAPPIERNESS SKILLS	DAILY AFFIRMATIONS
❶ **SELF-KINDNESS** **DROP ALL PAST BAGGAGE**	• I forgive myself for my mistakes and let go of my past • I forgive those who have harmed me in my past • I peacefully detach from those who have hurt me • My past is not a reflection of my future • I let go of all that no longer serves me • I'm worthy of respect and acceptance • I know who I am and I am enough • I love myself unconditionally and accept myself as I am
❷ **EARNED CONFIDENCE** **AVOID FUTURE UNCERTAINTIES**	• I am proud of myself and the things I have accomplished • I've made it through hard times before, and I've come out stronger and better because of them • No amount of worrying will change what may not occur • No matter how hard it is, I will make it through • I know my wisdom and experiences guide me • I trust myself and my intuition to make the right decision • I live in the present and am confident of the future
❸ **SELF-AWARENESS** **DISPEL NEGATIVE THOUGHTS**	• Negative thoughts only have the power I allow them • Negative self-talk has no place in my life • I constantly work to improve my thought processes • Every day I am becoming more calm, positive and loving • I will not allow my subconscious to dictate my experiences • I enjoy catching my distractions in the act
❹ **POSITIVITY REFLEX** **(HAPPIERNESS)** **EMBRACE ABSOLUTE OPTIMISM**	• I choose to feel good in every moment • I am in control of my reactions, especially to others • My thoughts always default to the positive • My life is filled with beauty and opportunities • Optimism and pessimism apply to the same circumstances • Happiness is a choice, and today I choose to be happy • Even my greatest struggles make me a better person
❺ **MINDFULNESS** **BE PRESENT**	• I am grounded in the experience of the present moment • I will take the time to put myself first • I am exhaling hesitancy and inhaling confidence • I breathe out stress and breathe in relaxation • I feel calm, happy and content in this moment • I am where my feet are

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HAPPIERNESS AFFIRMATIONS MENU

❻ ENERGY CONSCIOUS **SET BOUNDARIES AND MAINTAIN CONTROL**	• I speak kindly to myself and others • I accept my emotions and let them serve their purpose • I put my energy into things that matter to me • I surround myself with those who bring out the best in me • I distance myself from people who impact me negatively • I inspire and have a positive impact on others • Good flows to me, good flows from me • I walk away from situations that aren't healthy for me • I attract positive people in my life
❼ GRATITUDE **ENRICH EXPERIENCES**	• My life is a gift and I appreciate everything I have • I wake up with strength in my heart and clarity in my mind • I feel the joy of abundance and attract it into my life • The universe provides for my every want and need • I am blessed with amazing family and friends • My future is an ideal projection of what I envision now • I am grateful that my life is so happy and successful • Today is going to be an awesome day!
❽ PURPOSE **ALIGN PASSION & SELF-BELIEF**	• I am the architect of my life • My life is full of purpose and motivation • I am good at helping others to [fill in the blank] • I act with courage, confidence, certainty and optimism • I embrace challenges as opportunities • Whenever I fall, I always get back up again • I am committed to make my dreams real, no matter what • I fulfill the promises I make to myself and others • I am on my own path and do things on my own time • Every day, I am getting closer to achieving my goals • I feel great joy as I become the best version of myself
EXTRA LOVE & HAPPINESS	• I love myself and allow myself to be loved fully • I love sharing my happiness with everyone around me • I wake up in the morning feeling happy about my life • I love, accept and take good care of my body • I am loving and loveable

Making this a daily routine will change your life. What we repeatedly focus on expands.

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