




Positive Affirmations for Happiness

BELIEVE IN THE ABILITY
TO BE HAPPY

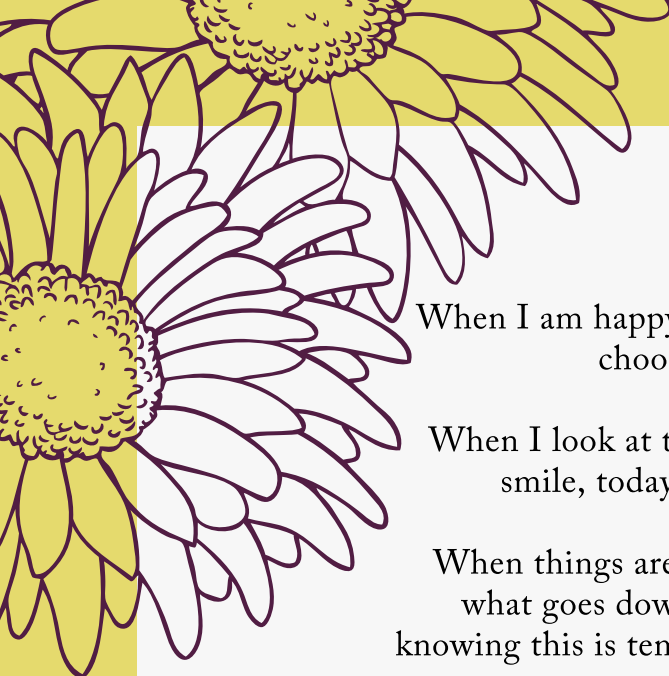


When you are feeling down, you frown
When you are feeling happy, you smile
To turn your frown into a smile
All you need to do is shift your face
From down to up
Up feels better than down
In order to shift your energy and lighten up
Lift the corners of your mouth
Feel light and bright
Smile
It is more powerful than you may believe...

Lisa Gniady

PICK AN AFFIRMATION TO FOCUS ON

- *Read the affirmation silently*
- *Read the affirmation out loud*
- *Whisper the affirmation to your soul*



When I am happy the world smiles back at me, today I choose to be happy and smile.

When I look at the world through the eyes of hope, I smile, today I see through the eyes of hope.

When things are down, I see they can't stay there, as what goes down, eventually goes up. I feel happy knowing this is temporary. Today I happily lift myself up.

When I realize that being unhappy is wasting precious moments, I shift my attitude. Today I choose to be happy.

When I see the miracles around me all the time, I see differently. Today I embrace the miracles.

When I see a new born baby, I embrace the innocence of youth. Today I remember that innocence and live as if it was the beginning of life.

When I see others laugh, I remember a time when I laughed. Today I tap into that laughter.

When I see nature's miracles, I look at life with awe. Today through nature, I plug into happiness.

When I see that happiness brings more happiness, I embrace happiness to bring more positivity into my life.

When I see that when I am sad, I bring down others around me. Today I lift myself up to help others around me.

When I see that when I am not happy, I am hurting myself. I embrace happiness. Today I see that I deserve to be happy.

