

A GOOD LAUGH IS THE CURE FOR THE ILLS OF LIFE

A good laugh is the cure for the ills of life.

I experience so much joy when I allow myself to experience the lighter side of life. Life becomes more meaningful when I take time to laugh. ***Keeping a joyful spirit helps me to navigate any challenge that comes my way.***

When I consider my current financial position, I avoid allowing it to burden me. I accept the reality that I am faced with and look for opportunities to raise my spirit.

Spending time in light discourse with friends and family reminds me to be thankful. Those interactions bring thought to what really matters in life. The fun experiences I share take my mind away from the ills of life.

Laughing at myself keeps me in touch with my sensitive and vulnerable side. ***Looking at the lighter side saves me from taking myself too seriously.***

Although I believe that my serious roles in life are important, I also believe in achieving balance. Being able to laugh gives me the dexterity to respond to unexpected

situations. It also keeps me from becoming hard and insensitive.

Today, laughter is a welcome part of my life. I am committed to maintaining a balanced life by inviting the lightness of laughter into it. There is great value in embracing a warm and light spirit. Being in touch with that spirit gives me unmatched peace of mind.

Self-Reflection Questions:

1. How do I create a balance between light heartedness and a serious disposition?
2. What efforts do I undertake to bring happiness to the lives of others?
3. In what other ways am I able to cope through difficult times?

A RADIANT SPIRIT SHATTERS INSECURITIES

A radiant spirit shatters insecurities.

I take part in activities that keep my spirit alive and make me feel good about myself. I focus on maintaining positive energy. As a result, it is easy for me to let go of my insecurities.

I surround myself with those who are nurturing and supportive. My friends and family members often tell me good things about me. ***Outside perspectives reassure me that I am radiating goodness.*** Such positive energy coming from my loved ones helps me to develop confidence.

I spend a lot of time helping others, which leaves little time to think about trivial matters. There is true fulfillment from being a beacon of light for someone in need.

Sharing my time and money brings me true joy. My spirit is renewed each time I am able to lend a helping hand. ***Taking part in charity gives me a passion for life that outweighs any self-doubt I have.***

I use examples of true happiness around me to build up my own happiness. When I see

examples of unconditional self-love, I am inspired to treat myself kindly.

Each day is an opportunity for me to love myself. I use the joy that resonates within me to bring about a positive self-image.

Today, my insecurities are a thing of the past. My radiant spirit allows me to do away with doubt. I love the person I am because I know that beauty emanates from deep within my soul.

Self-Reflection Questions:

1. How difficult is it for me to feel confident when others express doubt in my abilities?
2. What activities can I participate in that can elevate my mood?
3. How do I differentiate between insecurities and opportunities for self-improvement?

Personal Reflection Exercises...

Beauty is around me to be discovered and experienced.



Beauty is around me to be discovered and experienced.

As long as I allow myself to see the beauty that surrounds me, my life is enhanced a hundred-fold. Therefore I strive to release any negative thoughts and feelings that can blind me from this beauty.

Beauty abounds in my loved ones and my relationships with them. Each one has their own unique beauty unlike anyone else. I see this beauty in their smile, feel it in their caress, and hear it in their song of life.

They share their beauty in their hopes, dreams, and aspirations. I listen and am lifted up as I encourage them. When I feel down, they let their beauty shine through to bring me back up again.

I find beauty in everyday things - a wildflower lifting up its bloom through the rocky soil, the puppy that greets me with glee, the crystals of the morning dew, and the soft comfort of my bed at the end of the day.

Even humdrum routines bring a beauty of their own. When I get something done at work, it's a beautiful thing! When I make a tasty dinner, that is beautiful also and I thoroughly enjoy it.

The moments of my life are filled with such beauty and I make it a point to take the time to discover and relish it for all it is worth! ***When I focus my thoughts on experiencing the beauty of the moment, I find that things almost always go my way!***

Today, I choose to discover and cherish the beauty that comes with each moment of this wonderful day in my life.

Self-Reflection Questions:

1. Do I take time to stop and smell the roses?
2. What beauty shines through each of my loved ones?
3. When was the last time I noticed beauty in the little things I see every day?

Personal Reflection Exercises...

Beauty surrounds me, just waiting to be enjoyed.



Beauty surrounds me, just waiting to be enjoyed.

Life is beautiful and I can experience its beauty all day long when I allow myself to see it. That's the trick - *letting* myself see the magnificence of life, instead of clouding my vision with worries and distractions.

When I find myself putting my daily activities on autopilot, ***I make it a point to push my distractions away and enjoy the beauty of the now.***

I find that each moment carries its own particular beauty that is *only* present for a few fleeting minutes, then it disappears forever, only to be replaced by the beauty of the next moment. ***If I let my worries distract me, I live in my thoughts, instead of my reality.*** If I pay attention to the preciousness of the moment, I bring that positivity into my own life and it's there with me forever.

My life's journey is a parade of joyful moments. I am grateful for these joys and I look forward with anticipation to the ones yet to come.

I can strengthen my ability to discover this beauty with a positive and optimistic mindset. Negative feelings tend to make it harder to see the splendor that surrounds me, while optimism makes it easy.

Today, I intend to maintain a positive attitude and discover the beauty of each moment.

Self-Reflection Questions:

1. Am I able to see the beauty that surrounds me?
2. What beauty did I experience today?
3. What did I miss while I was preoccupied with worries and distractions?

Catering to my own happiness is the first step in making others happy

Catering to my own happiness is the first step in making others happy.

I like knowing that I have the ability to make my loved ones happy. I know the best way to do that is to first ensure my own happiness. **My focus each day is to live a life that makes me happy.**

Happiness comes from doing things I feel passionate about. Being involved in meaningful endeavors brings me great satisfaction and peace of mind.

That peace of mind allows me to maintain a peaceful and calm demeanor. It allows me to dedicate my efforts to the needs of others. I can freely concentrate on my loved ones because I know I have the emotional capacity to consider their well-being.

When I have a stressful workday, my parenting instinct is to then focus on my kids. But I recognize that trying to be supportive while stressed affects my patience.

I know that my family has needs. **But it is important for me to support them from a place of serenity.** I spend some time

relaxing my mind and body before taking on their needs.

Today, I commit to focusing on myself first without being selfish. Taking that approach puts me in a better position to offer physical and spiritual support to others. I know that making myself happy gives me the know-how to pay that happiness forward to others.

Self-Reflection Questions:

1. What activities can I change so I can give myself more attention?
2. How do I know when I am in need of some self-help and introspection?
3. How can I balance my needs with the needs of those who rely on me?

Each and every day, I feel fulfilled and joyful

Each and every day, I feel fulfilled and joyful.

Each day, I feel fulfilled because I spend my time on activities that are important to me. ***I look forward to each day with anticipation.*** My best days are right now.

My anticipation is the result of the choices I make every day. I make choices in accordance with which options support my highest priorities.

So my choices result in positive outcomes, adding to my joy and fulfillment, rather than taking away from them.

I only have room in my mind and heart for positive and important things. I refrain from letting negative thoughts enter my existence. If I discover a negative thought trying to sneak its way in, I banish it and replace it with something positive.

I focus on the good, regardless of what comes my way.

My focus is unwavering because I understand how important focus is to joy and fulfillment. I choose to seek out that

which fills me with positive experiences.

Negative things do happen from time to time, but I refuse to dwell on them. I forgive life. I forgive other people and myself. By letting go of negative experiences, I make room for the positive ones.

Fulfillment comes from spending my time in a worthwhile manner. ***I am always on the lookout for new ways to feel fulfilled.*** I know the answers are all around me and try to catch the best opportunities.

Today, I choose to believe in the positive and allow happiness into my life. I focus on the good all around me.

Self-Reflection Questions:

1. What can I be joyful about right now?
2. How fulfilled do I feel on a daily basis?
What can I do to increase this feeling?
3. How do I react when something negative happens?

Each day, I make time for laughter

Each day, I make time for laughter.

I love to laugh. Laughing relieves tension and reminds me to avoid taking myself and the world too seriously. Having laughter today helps me feel joyful and relaxed. I find myself smiling more after having a good chuckle.

When I wake up with a smile and an agreeable mood, I discover more things to laugh about throughout the day.

Although I have many tasks to accomplish, I know it is my responsibility to ensure I laugh today. I look for the ironies, quirks, and humorous aspects in everyday life.

I seek out sources of laughter in my home. Perhaps my children make a funny face at me or tell me a silly joke. Sometimes, my dog or cat acts comical. My spouse has sweet mannerisms that make me smile.

At work, my co-workers freely share a funny story or two. We have an unspoken understanding that the days pass more quickly and are more enjoyable when we share laughter together.

My life is more interesting and joyful because I laugh each day.

Today, I make special efforts to find the humor in routine situations. Even though hardships are also a part of life, I know I can navigate them effectively and come out on the other side, smiling and even laughing.

Self-Reflection Questions:

1. How often do I laugh?
2. Do others regard me as happy, with a healthy sense of humor?
3. What can I do to ensure I experience laughter in each day?

Each day, I take time to enjoy the moment

Each day, I take time to enjoy the moment.

I make time throughout my day to step back and appreciate the moment. These moments, regardless of how small they are, bring me immense enjoyment.

I allow myself a few minutes to step away from the cares of the day whenever I see fit and just enjoy the moment. Taking a break like this helps revitalize me and gives me the energy to continue throughout my day.

I choose to take time out of my day, even if that means making alternate arrangements to make this possible. I value this time and take care to refrain from minimizing its importance.

These moments are just as important, if not more important, than anything else in my day.

I realize that my productivity and wellbeing increase when I take this time to myself. In the morning, I relish the first moment upon waking and at night, the last moment before going to bed.

Throughout the day, I listen to myself and take time when it is needed.

Today, I choose take time to enjoy the moment. This may mean taking time in the morning, throughout the day, or whenever I feel the need.

Self-Reflection Questions:

1. When is a good time for me to enjoy the moment?
2. What does enjoying the moment mean to me?
3. What are ways that I can communicate my need to take time for myself?

Each day, my life is more fulfilling

Each day, my life is more fulfilling.

I take advantage of each moment because I know I am blessed to be given this day. Others love and care about me and they make my life worth living.

The most important part of this day is being with those who bring joy, comfort, and adventure to my life. ***I relish the time I spend with my family, friends, and cherished co-workers.*** They bring a special richness to my existence, and I am thankful for them.

My work reminds me of my special skills and talents. Putting forth my best effort at my job makes me feel as if I am on top of the world. Being the best that I can be is personally satisfying and provides financial bounty. I love my work.

I enjoy giving to others and helping out those who require it.

I recognize that when I offer aid to someone going through a rough patch, my existence is vastly enriched. I have many opportunities to illustrate my generosity.

Today, I take notice of my blessings. I live a rich life. ***I honor my life by spending time with those I love, generously giving myself to my work, and reaching out to aid others.*** My life becomes more fulfilling with each passing day.

Self-Reflection Questions:

1. How often do I sit back and realize the joy and fulfillment I receive from life?
2. When do I find it challenging to stop and savor the special moments in my life?
3. What can I do to ensure that I take a few minutes each day to reflect on my blessings?

Enthusiasm permeates whatever I do

Enthusiasm permeates whatever I do.

Each day, I take part in situations, events, and tasks. Some of these occurrences involve only me. But no matter what I am doing, I make every effort to do it with zeal, gusto, and spirit.

I feel that whatever it is I am doing is worth my time. Therefore, I do it with enthusiasm.

Because I am enthusiastic about most tasks, I am rarely bored. Life is full of fascinating people, places, and things. I want to experience all the best of what life has to offer. I embrace every situation with zest.

I make a conscious decision to jump in with both feet and develop a keen interest in whatever I am doing.

I find the day goes by faster when I stay enthused and consciously connected to what is going on around me. My enthusiasm flows, regardless of whether I am washing the car, talking to a neighbor, or working on a favored project at the office.

I live life in living color because of my enthusiasm. I put my all into each job and because I do, my life is better.

My enthusiasm paves the way for many good things to happen to me.

Today, I know I can bring enthusiasm to whatever I am doing. I plan to take notice of each time I am enthusiastic this week. I want to learn from those episodes about how to bring a vital interest and spirit to my world more often.

Self-Reflection Questions:

1. Do I consider myself enthusiastic? How important is it to me to show enthusiasm?
2. Which person around me is enthusiastic and full of zeal? Would I like to emulate that enthusiasm?
3. How do I react when someone near me is excited about what they are doing?