

How to Live a Happy Life

DAILY HAPPINESS DECLARATIONS

1. I choose to be happy.
2. I will follow my heart.
3. I am committed to doing what I love.
4. I will take action and not overthink.
5. I believe I am here for a reason.
6. I believe my life has meaning.
7. I believe I can achieve my goals.
8. I believe there is hope for my situation.
9. What is meant for me is for me, what is not, is not.
10. I will manage my money responsibly.
11. I will use my money not only to improve my life,
but to impact those around me.
12. I will listen first.
13. I choose to do things that bring me peace.
14. I choose not to entertain thoughts that disrupt my spirit.
15. I have a happy life.