

## **JOY 16**



## **GREAT WAY TO BE HAPPY -**

### **Practice Being Your Best Self All the Time**

We all occasionally enjoy those special, magical days when we are thinking, acting and feeling our very best. Recall one of those days, remember how you felt and describe it in very clear, specific detail. We often think like...

- "My mind is alert, sharp, focused;
- I am able to concentrate very well.
- A relaxed powerful energy is flowing through my body.
- My spirit seems to soar with joy. My concentration is intense without my body feeling tense."

**Remember one of those special days;** recall your thoughts and feelings.

- Feel the rhythm and beat of that marvelous, positive energy flowing through your body.
- Connect with those feelings and take them on for yourself. Project them and they will be yours.

You can't step into that magic zone by concentrating on how badly you feel!

**To be happy, practice being your best self all of the time. Make it a goal to feel your best whenever you can.**

See yourself feeling your best, feel those feelings, project them and they will be yours when you want them. You can now be at your best whenever you wish!

**This is a great way to be happy**