

JOY 29

You Create **Happiness** With Your Thoughts?



Believe it or not, it is within our own power to create positive thoughts allowing you to accomplish anything we set out to do.

One person, one idea, one positive thought can change society.

How, then, can we make ourselves happy? By being a constant reminder to others that there is goodness in the world.

- Seek out positive people to associate with.
- Expose yourself to all the wonderful books, music and movies available.
- Find the most important thing in your life that's important, and pursue it.
- Show kindness and respect towards others.
- Live life as if every day is your last.
- Use positive reinforcement wherever and whenever you can.
- Use visualization methods to view the positive aspects of life.
- Speak in a positive tone.
- Rid your mind of negative with yoga and exercise.
- Allow peace of mind to envelop you.
- Become your own friend.