

LIFE MASTERY: CHOOSING HAPPINESS

Week 1

"Trust yourself as a source of happiness"

Wednesday, Oct 13, 2010

So our questions for today are:

- ~ How do you know when you are happy?
- ~ Close your eyes for a moment, think of a time when you were happy - how did it make you feel mentally, physically, emotionally?
- ~ If you were just given a million dollars, what is the first thing you would do towards enhancing your happiness?

"Everything You Need"

Thursday, Oct 14, 2010

So our questions for today are:

- ~ Do you have a purpose in life? What is it?
- ~ Do you believe that you have all the strengths and qualities that you need and what are they?
- ~ What is it that prevents you from putting forth your best and your highest?

"Everyday Is A New Day"

Friday, Oct 15, 2010

So our questions for today are:

- ~ Do you know what you stand for? Or what your values and principles are?
- ~ What would you do with your life today if you weren't afraid of failure?
- ~ What are you doing to maintain or develop a strong inner sense of self?