

My HAPPINESS MANIFESTO

Say YES to Life daily
Choose love and happiness—first, last, and always
Say no to drama in my own life
Laugh—unabashedly. Sing—LOUDLY. Dance—BOLDLY
Live from my heart.
Make memories - Connect with people
Apologize and forgive to maintain inner peace
Give myself permission to feel what I am feeling
Eat well and exercise
Relax and breathe deeply to manage stress
Live simply
Embrace on being happier
Do you what I love doing
Embrace my story, my power and be courageous
Smile often and be kind
Be silly. Read—everything.
Grow flowers.
Hang out only with people who uplift my spirit
Not get stuck in a rut of self-doubt or self-recrimination
Not judge how other people live their lives
Intentionally make time for play and fun
Trust in myself and others
Believe in the good in people
Be vulnerable
Be generous and helpful
Watch less TV
Eat lots of chocolate
Cook, both simply and extravagantly.
Explore, discover and Travel
Dream big and bold
Wear ALL the colors. Be sparkly—in clothing and in spirit.
Inspire others to laugh and hope and love
Believe everything will be okay and work out

