

1 Steps to Happiness, Joy, and Inspiration

1. Think about a time in your life, or a place, that makes you feel joy, contentment, hope, and excitement. This may take seconds, minutes, or even hours.

2. When you've focused on a time (present, past, or future) and place, consider:

- What does it look like?
- What do you hear?
- What do you smell?
- What can you touch?
- Is there a taste involved?
- Who else is present?
- How old are you?
- How do you feel when you're there? Why?
- Can you feel that way now?

Analyze these questions carefully and thoughtfully (next page).

3. Once you can visualize the place in your mind, harness all the positive sentiments associated with being there, write them down and cement them into your mind. Read it over several times.

4. When you feel upset, dejected, overwhelmed, sad, or unmotivated, glance over your list, close your eyes, and conjure up the positive essence you associate with your unique place, wherever or whenever that may be.

5. Allow yourself a few minutes to feel and embrace all the memories, thoughts, and feelings that connect you to that place. Relish being there.

6. Consciously channel the positivity you feel from your oasis, into the present, and ask yourself "How can I manifest the optimism and enthusiasm I feel, into tangible actions today?"

7. Leave your oasis and take tangible action.



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6.Who else is present?

7.How old are you?

8.How do you feel when you're there? Why?

9.Can you feel that way now?