



HAPPINESS IS AN INSIDE JOB

Do people feel better or worse after a conversation with you? You all know what I'm talking about. Every interaction we have either adds to or subtracts from our wellbeing. What affect do you have on others?

If you can confidently say "definitely positive", keep it up! You are spreading joy and people are lucky to have you in their life. However, if you are admittedly unhappy and realize you don't always leave people better than you found them, I have good news for you...

Happiness is a choice - it's an inside job. We have 100% control over the tone we set for our day. Every morning we have the choice to think either positive or negative thoughts - to live in gratitude and find the good in things, or to be defeated. Whichever you choose, remember: It's contagious! What choice are you making?


"Here are two secrets to a happy life: Choose to be a happy person and hang out with happy people. It's as simple as that!"

-- Kathleen J. DuBois

How will you apply this to your life?

Hello!

I hope you enjoy your weekly motivational messages. If so, feel free to forward to others and don't forget to Like Us on Facebook!

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