



*Today's Gift of Happiness*

The secret to *Beauty* is to let go of sorrow

The secret to *Longevity* is to let go of anger,  
hatred and resentment

The secret to *Wisdom* is to let go of self doubt

The secret to *Growth* is to let go of old beliefs when  
they no longer serve you

The secret to *Health* is to invite in Love

The secret to *Happiness* is to notice the miracles  
that the Universe provides in every moment

The secret to *Living the Life that you'd Love* is to  
choose to do it all right now

*Go on...Be Wildly Happy®*

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[www.wildlyhappy.com](http://www.wildlyhappy.com)

