



Today's Gift of Happiness

Happiness and peace are simply a deep
breath or three away from this exact
moment!

So join me in some heavy breathing!

When all is chaotic...take a moment to go within...find the
calm and let it shine through to brighten the most
chaotic day.

Take three very deep, conscious breaths!
Draw the energy of happiness in through your breath...
As you say "I breathe in happiness"
and again... "I breathe in happiness"
and again... "I breathe in happiness"

Be Wildly Happy®

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www.wildlyhappy.com

