



Today's Gift of Happiness

Start a list today of all the positive things about you

All the things you can do, feel, see and be!

I can...

Sing...dance...write...

Make people laugh...smile & dream

I am...

Sexy...intelligent...funny...inspirational...witty

A good mother/sister/brother/father/friend

(...don't stop now, this is just to get you started...)

Read your list every day and add to it as you go!

The universe basks in the beauty of who you are

...perhaps its time you started to bask too!

Be Wildly Happy!

For lots of free downloads, ideas, laughter and fun go to:

www.wildlyhappy.com

