



TODAY I CHOOSE HAPPINESS.

DAY.12

Happiness is a choice.

How do you choose to view the world?

The same time that you feel so unlucky because it's raining on your wedding day, in another culture, raining on your wedding day is extreme luck and someone else feels blessed.

Maybe the circumstances in your life, your health, relationships, your job or even the social and political situations makes you think that you are not in control of your emotional state.

You may also feel that life is something that it's happening to you and **you are at the mercy of circumstances.**

Research shows that happy people are those who don't let circumstances, other people,

or materialistic things, to define them.

"Happiness is the consequence of personal effort." Even if all the conditions are perfect, and all lost pieces fall into place, if you focus on the negative, you will still eventually feel unhappy.

Every day we can find thousands of reasons to be grateful, and thousands of reasons to hate our life. **Our perspective** is what defines the level of our happiness. Life will keep happening to us, and ups and downs will occur.

Choosing to be grateful for every breath, being present, and letting go of things you cannot control are the only secrets to true happiness.

DAY.12

Phrase of the day: 'Today I choose happiness'.

Please also write this phrase in your journal.

Being aware of our emotional state is the first step towards happiness. The second one is to choose happiness.

PRACTICE 1: Today we invite you to wear your **happiness glasses**.

We usually see the world through glasses of boredom, anger and misery.

Today choose to wake up wearing your gratitude glasses.

Go through your day reminding your self that **today you will see the good in everyone and everything**.

Choose to consciously shift your attention to finding things for which to be grateful.

Breathe. Smile. Enjoy this day!

Write in your journal any insides from this exercise.

PRACTICE 2: Fill in the **mood journey** again in the end of this day. Observe if there are any differences with your previous mood board.

Good luck!

DAY.12

MOOD JOURNEY.

Create a personal journey to see where you bottlenecks are in your day and what are the white spots for change. Describe your activities in a day and your related emotions (stress and energy levels) at the time. This tool helps you to become aware which moments, routines, activities, or people trigger emotions that drain you, as well emotions that help you gain energy.

