

Happiness Affirmation KIT

*Courtesy of
The American School of Hypnosis*

Affirmations can be one of the most effective tools to self-help if used properly. This exercise includes a list of affirmations that surround happiness. Many will pertain to your situation and some may not.

- 1. Go through the list provided below choosing the ones that pertain to your situation and will help you the most. You may also create your own if you wish to tailor them more.**
- 2. Print them on card stock or paper. Use a large enough font so they can be easily read from a few feet away.**
- 3. Once you've printed them you should cut them out so each affirmation is on its own strip of paper.**
- 4. Tape them in strategic places in your home where you will see them and have opportunity to read them such as the vanity mirror in your bath room, the refrigerator door, the top of the television, the inside of the front door, on the edge of your computer screen, etc.**
- 5. Throughout your day as you see them it is important that you read them and "imagine" what they're saying or what they mean to you. It's very important that you imagine them rather than simply reading them.**
- 6. Another way to use them is to record them on your computer or recording device and have them play back to yourself during the day or even as you're going to sleep.**

The purpose of these affirmations are to help you keep your goals on a conscious level as well as to assist you in being in alignment with your goals. They are a wonderful tool to use in conjunction with your program. You don't need to display all of them but try to place at least 10 to 12 of the most effective ones.

HAPPINESS AFFIRMATIONS

I choose to be happy.

I am happy.

It is natural to be happy.

Happiness is my birthright.

I was born happy and am happy to be alive.

I am so thankful for this gift of life.

Feeling good is the most important thing to me.

I make right choices.

I feel happy, I feel healthy, I feel terrific.

I love exploring this world.

I love experiencing new things.

I am 100% responsible for the happiness that I enjoy

I love to learn new things.

I am so thankful for love in my life.

I am happy to live in such a great time.

I am happy for my accomplishments.

I am thankful for my intelligence.

I love to smile.

I appreciate the skills that I have so I can help others to improve theirs.

I love to share my talents with others.

I am happy that I have the ability to progress.

Improving myself and helping others to improve themselves brings me great joy.

I believe everyone is good at heart.

I find the good in everyone I meet.

I enjoy helping everyone I meet to be happy.

I like making people smile.

Life exists in the present and I am happy to be aware of the now.

People are happy to be around me.

I am creating my future now.

I can be, do or attain anything I wish.

It is MY reality to create.

I attract happiness in everything that I do.

I love my life.

I am a vibrational match with my inner being.

I live in alignment with my desires.

I am successful.

I have everything within me that I need

Every day in every way I am getting better and better.

I am motivated and continually improve.
I am flexible, open minded and always seeking opportunity.
I am balanced in all that I do.
I am perfection in human form.
I am excited that I have peace in my life.
I *allow* myself to be happy.
I have a powerful mind.
I always find good in everything that I do.
I always find good in others and am appreciative of them.
I am peace, I am happiness, I am love.
I am sensitive to good feelings and match those vibrations.
I am free because I choose to be me.
I am wonderful.