



**HAPPINESS IS
A CHOICE.**
*happiness is
my choice.*



I AM SUPERIOR
*to negative
thoughts.*



**I LIVE IN THE
PRESENT AND
HAVE CONFIDENCE**
in the future.



**I CHOOSE TO
BE GRATEFUL**
for today.



**BY ALLOWING
HAPPINESS
IN MYSELF,**
*i encourage
happiness in others.*



**I AM AT PEACE
WITH MY PAST
AND MY FUTURE**
is full of light.



**MY INNER
JOY RADIATES**
in all i do.



I DESERVE TO
feel happy.



*HAPPINESS IS
A CHOICE.
HAPPINESS IS
MY CHOICE.*



*I AM SUPERIOR
TO NEGATIVE
THOUGHTS.*



*I LIVE IN THE
PRESENT AND
HAVE CONFIDENCE
IN THE FUTURE.*



*I CHOOSE TO
BE GRATEFUL
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*BY ALLOWING
HAPPINESS IN
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*MY INNER
JOY RADIATES
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*I DESERVE TO
FEEL HAPPY.*