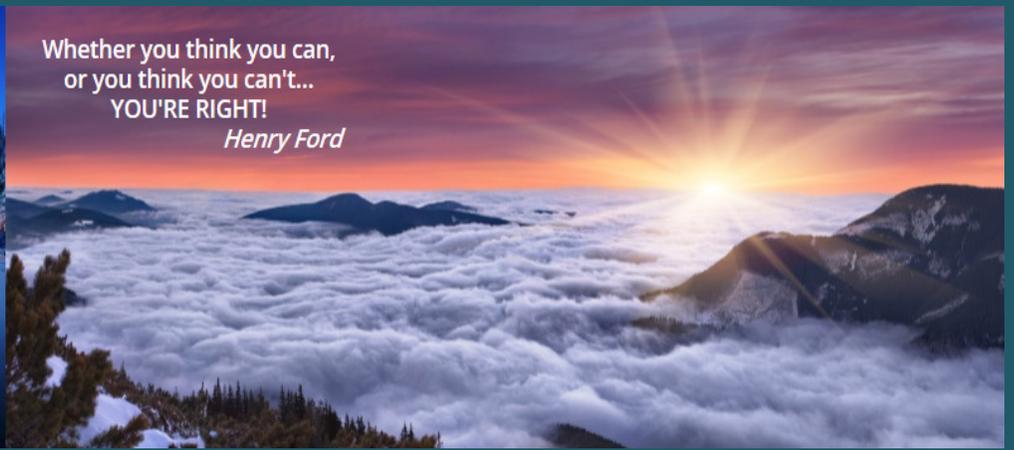




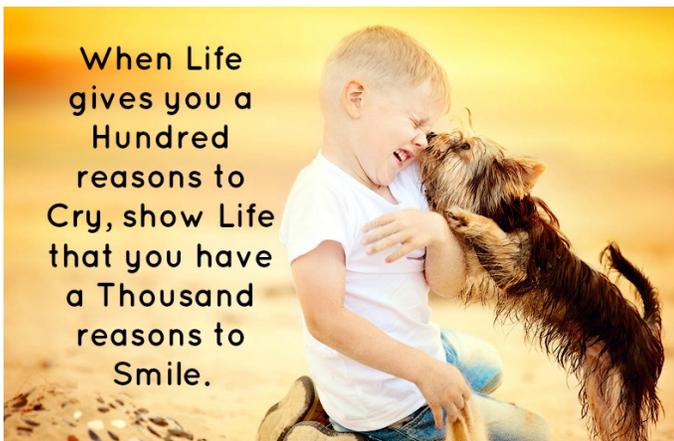
Whether you think you can,  
or you think you can't...  
**YOU'RE RIGHT!**  
*Henry Ford*



## How To Stay Happy During Challenging Times

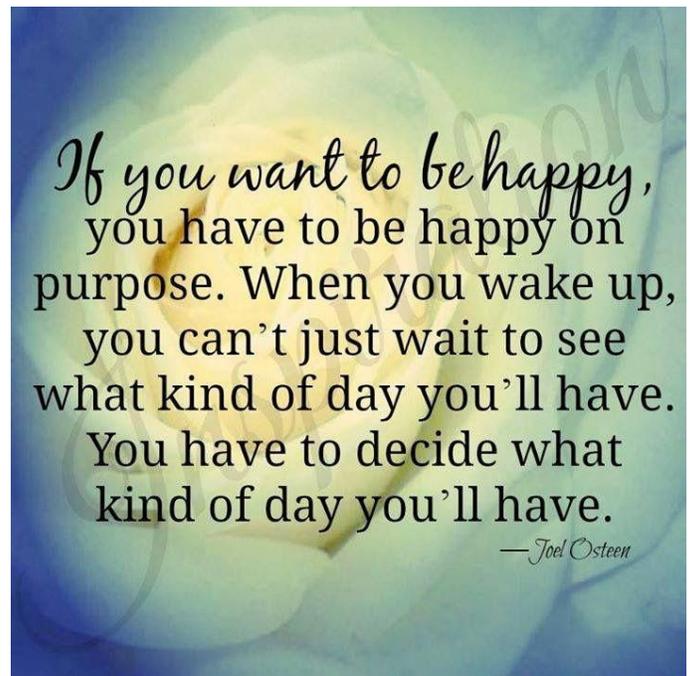
When I say this to others they sometimes think I am smoking something but the fact is that being happy is a choice you make. There are only two choice...be sad or be happy.

It is during challenging times that being happy is hard work but be assured that if you choose to face your challenge with a positive attitude, with the knowledge that you will learn something from this experience, then you will not be sad.



When Life gives you a Hundred reasons to Cry, show Life that you have a Thousand reasons to Smile.

When you find yourself in a situation that makes you sad then take some time off, go to a quiet place, close your eyes, breathe deeply and think of the last time you were truly happy. Feel what you felt then, focus on how you felt and what you were thinking. Get back into that frame of mind. Once you have done this for a few minutes you will find that you can face your challenge with a different attitude.



*If you want to be happy, you have to be happy on purpose. When you wake up, you can't just wait to see what kind of day you'll have. You have to decide what kind of day you'll have.*

— Joel Osteen

When you wake up in the morning, go to your mirror and smile at yourself. Have you ever tried to be sad while smiling at yourself? I dare you! It is not possible, I have tried and the only result I get it...a happy feeling and that is exactly what I want.

Stand tall, lift your chin, pull back your shoulders and stand that way for five minutes. This stance will give your body the message that you are confident and happy and the feelings will soon start following your stance.

Don't get me wrong, there are times when you have to allow yourself to be sad such as the loss of a loved one! Give yourself the time to mourn their loss. This is part of the process of letting them go. It takes some time but you can make the process easier by thinking about the happy times you had with them. The memories you made and always know that they are with you, not in body but in soul.

Every morning when you wake up, go to your mirror, look at yourself and express love towards yourself. You don't have to say it out loud (better if you do) but say it in your head and smile at yourself. It may sound foolish but if you repeat this day after day, you will start to feel better about yourself and you will be determined to change whatever it is you are not happy with.

Anything and everything can change, but for change to take place, there has to be action.

If you want to soar with the eagles then you need to learn to FLY (First Love Yourself).

It is not just about telling yourself you love yourself. What you do in your normal day to day life also shows how much you love yourself.

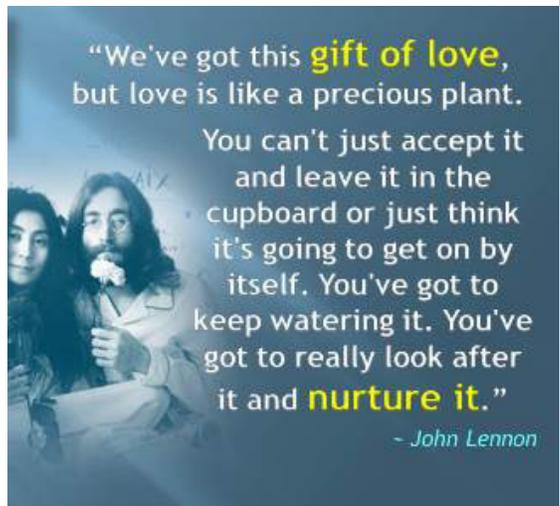
Are you stuck in a job you don't like going to? Are you in a relationship you do not want to be in? are you treating your body right with regards to your health?

If your answer to the above is not "Yes" then you are not showing yourself any love. Respect yourself enough to walk away from ANYTHING that no longer serves you, grows you or makes you HAPPY.

Sometimes you need to be alone in order to reflect on life. Take time out to take care of yourself because you deserve it.

Stop hating yourself for what you are not and start loving yourself for what you are. We are all special beings and we all have something to offer. The only limits in life are the ones you set for yourself.

- Eat like you love yourself.
- Move like you love yourself.
- Speak like you love yourself.
- Act like you love yourself.



How will you love yourself today?

How will you love yourself tomorrow?

How will you love yourself the day after?

...and after

... and after

...and after

### Task:

Make a list of the things you love about you and read it every morning and every evening. Add to this list every day until you can't think of anything else, but at least give it some thought. You have so much to offer, so much knowledge and so much love within you. **Bring it out for the world to see!**