



\* **How To Have A  
Happy Everyday**

The Laws We Live With and SMART Goals

-- A brain exercise on the journey

- \* Document by handwriting down the answers to what is presented on each slide that follows.
- \* Leave the handwritten document for a day, a week, a month and then return to it.

\* Objectives

- \* For every effect in your life there is a specific cause; everything happens for a reason.  
reason.
- \* How has the law of cause and effect worked in your relationships, family, career, and financial situations?

## \* Law of Cause & Effect

\*You feel positive about yourself to the degree in which you feel you are in control of your own life.

\*What areas of your life experience are you most and least in control?

\***Law of Control**

- \* Whatever you believe with feeling or emotion becomes reality.
- \* What do you currently believe that might be enhancing or sabotaging your future or present situation, in regards to work, family, relationships?
- \* Take the time to answer the multiple part question posed thus far in all the dimensions.

## \* Law of Belief

- \* Whatever you expect with confidence becomes your reality or self-fulfilling prophecy.
- \* What do you currently expect that might be enhancing your future or present situation in regards to work, family, and relationships?

## \* Law of Expectation

- \* Because you inevitably attract into your life people and situations in harmony with your dominant thoughts, everything that is in your life you have attracted to yourself because of who you are and what you thought and believed.
- \* What have you attracted that might be enhancing or sabotaging your future or present situation in regards to work, family, and relationships?

# \* Law of Attraction

- \* Your outer world is a mirror of your inner world; as within, so without.
- \* What do people see about you?
- \* What do people hear about you?
- \* What do people say about you?
  
- \* What do you see, hear, say, feel in others? -can what you sense be a reflection of something in you?

## \* Law of Reflection



- \*Your thoughts, vividly imagined, and repeated, charged with emotion, become your reality.
- \*What do you envision?
- \*What questions do you ask yourself?

## \*Law of Vibration

- \* Specific
- \* Measureable
- \* Achievable
- \* Results Based
- \* Timeline

\* Writing help: [Resource](#)

\* **SMART Goals**

- \* Goal
- \* Reality
- \* Options
- \* Will and wrap up

\* Practice Exercise:

[Self-Awareness Happy Everyday 18](#)

**\* GROW next action**

Wrap up...

\* Want something? Take action to get it.

OR

\* Stop wanting it.

**\* Want Management**