

FRIDAY * NOVEMBER 4
I AM THANKFUL FOR HAPPINESS

Today is a happy day. I will allow joy, humor, light heartedness and fun to be the guiding powers of this day.

Many people have been taught that the way to happiness is by adding. They spend a great deal of time and energy in trying to add all they want to their lives. Today, I will take the opposite road. I will let subtraction lead me to happiness. I will subtract fear, worry and judgments from my life.

Today, I will ask myself often, "What would I have to let go of in this moment to be happy?"

DAILY GRATITUDE LIST

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.