

Happiness In Hard Times™

How To Be Happy When Times Are Tough & Help Others To Be Happy Too!

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Choose Your Mood & Attitude

Michele Moore / Happiness Habit

Would you like to know how to choose your mood and attitude so you can feel good practically all of the time? So you feel good whenever you want to and choose to?

Close your eyes for a moment and come with me to beautiful ocean beach. Smell the salt air, hear the waves crashing on the shore. Wiggle your toes in the sand. Take a big stretch. Relax your arms, clasp your hands lightly behind your neck. Gently hold your elbows above your shoulders and breathe deeply to the sound of the ocean waves.

Breathe in bright blue sky to the count of eight, relax and exhale as the wave crashes on the beach. Breathe in bright blue sky to the count of eight, exhale rich, warm relaxation as the wave crashes on the shore. Continue breathing to the sound of the breaking waves.

Wiggle your toes in the sand as you breathe. Relax your legs. In your mind's eye, picture yourself smiling like you are seeing yourself in a mirror. Watch your smile get broader and brighter. Giggle and laugh.

If you are doing this right, you should be smiling because it's hard to picture yourself smiling without smiling too. Watch yourself giggling and laughing in the mirror. Feeling good?

As you continue to breathe deeply, see a band of rich warm, energized relaxation encircle your body. Feel the warm, energized relaxation all around you. Smile and giggle. Radiate happy, energized, relaxed feelings. Stretch up again briefly and relax. Open your eyes and let your hands drop gently. Continue breathing deeply to the sound of the wave. Smile and giggle. Feeling good and happy?

Now hear your favorite music playing. Feel the energy of the music excite and energize you with each breaking wave breath. Your mind is clear, your thinking sharp, your concentration focused and intense.

Radiate and project warm, energized, happy feelings all around you. Feeling good? You have just chosen your mood and attitude. With practice you will be able to relax, energize, connect and project happy feelings in just a couple of deep breaths. You can feel good or much better any time you want to.

As you relax and breathe deeply, picture yourself smiling, happy and confident. Consciously connect with those feelings and project them. They will become genuinely yours. You can choose to feel happy, relaxed and energized any time you wish. You can choose your mood and attitude.

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team