

Checklist: 7 Steps to Be Happy Now

1. **Sit or stand straight** – no slumping. Your lungs need to expand fully to bring in air – your life force.
2. **Smile** – a real smile measures 1/8 inch wider than a phony one *plus* you will feel way better only with a true smile
3. **Say to yourself, aloud or in your head, “I am choosing to feel happy now.”** Repeat those words for at least 10 seconds while continuing to smile.
4. **While repeating that message find a happy memory from your past** – a moment that left you feeling good, happy, and at peace.
5. **Re-live that moment:** see, hear, smell, taste, and touch what you felt during that happy time. Make it real. Your body will send out the same feel good chemicals and you will feel happy all over again.
6. **Notice how you feel.** Happiness is your birthright. *Your thoughts create your life.* Choose happy thoughts to turn any unhappy or boring situation into something to smile about.
7. **Create the habit of happiness.** Watch the video to discover why and how at <http://www.thehappysharemovement.com> or <https://www.facebook.com/TheHappyShareMovement>