

# YOUR HAPPINESS IS A CHOICE

## key takeaways

Whenever you are in stress, take a deep breath and calm down yourself.  
If your mind is creating a "If this...then that" situation, try to switch your mind  
from complaining to feeling grateful.  
Feel Gratitude for what's happening around you.

It's time to say **THANK YOU** for the moments,  
to the **Breath**, to the **Air** and everything around you

---

---

---

---

---

---

Great! Just one more exercise for you - Before you go to Bed, ask yourself and write down

**Top 5 Moments of the Day, when you  
really felt Happiness**

---

---

---

---

---

---

Want more of these?

Visit: [www.agirlwithvision.com/resources](http://www.agirlwithvision.com/resources)