

OPERATION HAPPINESS

Daily Affirmations for a Happy Life

The energy I send out comes back to me.
Each day I send out love, serenity, and positive thoughts.

My smile is one of my most valuable assets. I use it often.

I allow myself plenty of time to move through my day
with ease and clarity.

I embrace each new day and know that I have the energy
and ability to turn my dreams into reality.

If it doesn't serve me or deserve me, I leave it behind me.

I slow down enough to experience the wonder of each moment.

I marvel in the beauty and joy that can be found in the little things.

I am focused, secure, safe, and centered.
I choose to be in a loving atmosphere that inspires and nurtures me.

I take risks and release fear of stepping into the unknown.
New adventures are always waiting for me.

I let go of what is no longer serving me.
I open my heart and mind to make room for new opportunities.