

Happy Social Life

**Make and Enjoy
Friends Everywhere**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are enjoying yourself in a social environment. See yourself being the life of the party. See the happiness in your eyes and in everybody else's. See your phone filled with names of people who love being with you.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more happy and socially outgoing. Write down any objective changes in your behavior as well as any positive statements others make about you.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I am funny

I am fun

I am hilarious

I am hilarity

I am playful

I am playfulness

I am exciting

I am excitement

I am adventurous

I am adventure

I am open

I am openness

I am loyal

I am loyalty

I am warmhearted

I am warm heartedness

I am a natural flirt

I am flirtation

I am sexy

I am sex

I am humble

I am humility

I am kind

I am kindness

I am charismatic

I am charisma

I am alive

I am aliveness

I am confident

I am confidence

I am friendly

I am friendship

I am relaxed

I am carefree

I am expressive

I am an excellent listener

I am empathic

I am relatable

I am humane

I am uplifting

I am rich

I am open minded

I am gregarious

I am spontaneous

I am quick witted

I am comfortable in my own skin

I am at ease in my own skin

I am a socially relaxed human being

I am a socially comfortable human being

I am a socially confident human being

I love being authentic in social situations

I see the funny side to everything

I see the fun in everything

I radiate fulfillment all day everyday

I radiate fun all day everyday

I personify fun all day everyday

I emanate fun all day everyday

I generate fun all day everyday

I create fun all day everyday

I attract fun all day everyday

I instantly turn boring thoughts into fun thoughts

I instantly turn dull thoughts into fun thoughts

I instantly turn dim thoughts into fun thoughts

I instantly turn negative thoughts into fun thoughts

I attract fun conversations all day everyday

I attract hilarious conversations all day everyday

I attract exciting conversations all day everyday

I attract authentic conversations all day everyday

I attract meaningful conversations all day everyday

I can authentically talk with anyone about anything

I can meaningfully talk with anyone about anything

I have the gift of the gab

I know what to say and when to say it

I easily resuscitate awkward conversations with fun

I easily resuscitate awkward conversations with hilarity

I easily resuscitate boring conversations with fun

I easily resuscitate boring conversations with hilarity

I light up every room I walk into

I am the life and soul of every party I attend

People flock to me for fun

People flock to me for playfulness

People flock to me for excitement

People flock to me for laughter

People flock to me for meaningful conversations

People flock to me for friendship

I release all of my habits which create boredom

I release all forms of victim thinking

Victim thinking physically disgusts me

I instantly turn victim thoughts into fun thoughts

I release the need to be right

I release the need to argue

I release the need to complain

I release the need to judge and categorize people

I release social anxiety

I am a masterful storyteller

I am a natural storyteller

All of my stories are compelling

All of my stories are fast paced

All of my stories have a brilliant punch line

Every story I tell strengthens every conversation I have

Every story I tell is honest

Every story I tell leaves other people wanting more of me

I am an excellent conversationalist

I am a natural conversationalist

I am a fun conversationalist

I am a confident conversationalist

I love starting conversations

I can easily start a meaningful conversation with anyone about anything

I can easily start a fun conversation with anyone about anything

I know when to speak

I know when to listen

I know when to change a subject

I know when to leave a conversation

I know how to respectfully leave a conversation

I can keep a conversation fresh, exciting, authentic, fun and meaningful for days

I effortlessly make the people I am talking with feel wonderful about themselves

I instantly make the people I am talking with feel wonderful about themselves

I effortlessly make the people I am talking with feel incredibly comfortable around me

I instantly make the people I am talking with feel incredibly comfortable around me

I greet everyone I meet like an old friend

I remember everyone's name and face

I love people

People love me

People can't get enough of me

People love giving me their phone numbers

People are constantly inviting me to fun parties

I leave everyone I talk with wanting more of me

I leave everyone I talk with better than I found them

My tone of voice is friendly

My tone of voice is kind

My tone of voice is happy

My tone of voice is confident

My tone of voice is down to earth

My energy is fun

I vibrate at the same frequency that fun does

I vibrate at the same frequency that love does

I vibrate at the same frequency that fulfillment does

Life is fun

Life is exciting

Life is hilarious

Life is meaningful

Life is rewarding

Life is a truly magical adventure

Why is it that I create fun everywhere I go?

Why is it that I attract fun everywhere I go?

Why is it that I attract loving friendships wherever I go?

Why is it that I deserve an abundance of loving friendships in my life?

Why do I love it when other people shine around me?

Why do I love it when I shine around other people?

Why is it that I think rich thoughts all day every day?

Why is it that I feel rich all day every day?

Why does fun love me?

Why does confidence love me?

Why does friendship love me?

Why does life reward me?

You are funny

You are fun

You are hilarious

You are hilarity

You are playful

You are playfulness

You are exciting

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