

# **Laugh Easy**

**Enjoy Yourself Wherever You  
Are**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you are thoroughly enjoying yourself and expressing your happiness. See yourself in different scenarios.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming happier and outgoing. Write down any positive comments others make.

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

[mindpersuasion.net](http://mindpersuasion.net)

# **Affirmations**

I enjoy life

I enjoy people

I enjoy humor

I share myself

I appreciate others

I feel the joy in life

I feel the joy in others

I share my joy with others

I share my joy with life

I laugh easy

I smile easy

I smile with others

I laugh with others

life is fun

life is exciting

life is wonderful

life is filled with wonderful people

life is filled with wonderful opportunities

I create happiness

I enjoy happiness

I share happiness

I make friends easily

I create relationships easily

I enjoy conversations

I enjoy telling stories

I easily express myself

I naturally express myself

I share my energy

I share my enthusiasm

I share my appreciation

I share my love

I notice love

I create love

I generate love

I elicit love

I share my laughter

I create laughter

I enjoy laughter

I elicit laughter

I share my smile

I elicit smiles

I share my good feelings

I elicit good feelings

people love being around me

I love being around people

I am happy around people

people are happy around me

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You enjoy humor

You share yourself

You appreciate others

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You elicit love

You share your laughter

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You enjoy laughter

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You share your smile

You elicit smiles

You share your good feelings

You elicit good feelings

people love being around you

You love being around people

You are happy around people

people are happy around you