

Unlimited Happiness

**Whoever and Wherever You
Are**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you feel happy regardless of the situation. Feel happiness as a physical part of you that you carry with you everywhere.

Tips for Success

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

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

mindpersuasion.net

Affirmations

I am happy

I am content

I am satisfied

I generate my own happiness

I generate my own satisfaction

I support myself

I love myself

I appreciate myself

I respect myself

I release the opinions of others

My happiness is independent of others

my happiness is independent of circumstances

my happiness is independent of opinions

I easily create my own happiness

I easily generate my own happiness

I easily sustain my own happiness

my happiness exists no matter what I do

my happiness stays with me wherever I go

my happiness stays with me whatever I do

My happiness stays with me no matter who I'm with

my happiness stays with me when I'm alone

my happiness stays with me when I'm in groups

my happiness stays with me when I talk to strangers

my happiness stays with me when I talk to friends

my happiness stays with me when I talk to relatives

my happiness stays with me when I talk to family

I am always happy

I am easily happy

people admire my happiness

my happiness supports me

my happiness loves me

my happiness sustains me

my happiness is always with me

You are happy

You are content

You are satisfied

You generate your own happiness

You generate your own satisfaction

You support yourself

You love yourself

You appreciate yourself

You respect yourself

You release the opinions of others

Your happiness is independent of others

your happiness is independent of circumstances

your happiness is independent of opinions

You easily create your own happiness

You easily generate your own happiness

You easily sustain your own happiness

your happiness exists no matter what You do

your happiness stays with you wherever You go

your happiness stays with you whatever You do

Your happiness stays with you no matter who You're with

your happiness stays with you when You're alone

your happiness stays with you when You're in groups

your happiness stays with you when You talk to strangers

your happiness stays with you when You talk to friends

your happiness stays with you when You talk to relatives

your happiness stays with you when You talk to family

You are always happy

You are easily happy

people admire your happiness

your happiness supports you

your happiness loves you

your happiness sustains you

your happiness is always with you