



## *Happy Go Lucky Girl Manifesto*

- Strive to cultivate happiness into a habit.
- If you have the ability to make someone happy, you should do it and make yourself happy in the process.
- Forgiving and forgetting is necessary for your own happiness.
- Kindness is contagious and multiplies exponentially.
- If you can change your internal dialogue, you can find many opportunities in life for growth.
- If you are grateful for what you have, you will find plenty to be grateful about.
- If you talk health, happiness and prosperity to everyone you meet, it will come back to you.
- Strive to live in the present, not worrying about the future or regretting the past.
- Spend time nurturing relationships with positive people in order to surround yourself with positive energy.
- Life is too short to be unhappy.
- Tenaciously focus on the bright spots in life; not only can your cup be half full, it can overflow.