

The Ultimate Kid's Guide To Happiness

8 Action Steps to Happiness



By

Patrick McMillan

The Ultimate Kid's Guide to Happiness is our gift for you to give to your child as our way to thank you for visiting www.HappierKidsNow.com

[Please print this book for your child starting on the next cover page](#)

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Dear Parents,

The Ultimate Kid's Guide to Happiness® is intended to give you and your child an opportunity to begin to learn together the science of living a fulfilling and happy life.

This book is an introduction to lessons and activities that have been proven to increase levels of life satisfaction and overall happiness, however, in order to see and feel the effects these activities can have on your child, you must be willing to be a model for your child by understanding the content of this book and taking part in the activities WITH YOUR CHILD. Our kids follow our lead. As parents we need to be the people we want to see in our kids.

The Ultimate Kid's Guide to Happiness® is intended to provide young people with an opportunity to experience the power they already possess to create their lives on purpose, and to develop empowering beliefs about themselves, others and their future.

This book is not to be considered a replacement for behavioral therapy or medication prescribed by your child's physician. If your child is displaying signs of any level of anxiety or depression please seek medical advice immediately.

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www.HappierKidsNow.com

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“My wish is that this book will teach you all you need to know to start creating your life the way you want NOW and that it will help you find true happiness that will last a lifetime.”

~ *Patrick McMillan, author of “The Ultimate Kids Guide to Happiness”*

The person who gave you this book wants nothing more than to see you live the happiest life possible. But this will only happen if you too want to live the happiest life possible.

This book is much different from books you may have read before. This is because this is not just a book you will be reading. You will be *experiencing* this book.

You will be *feeling* what you are learning and you will soon see the kind of life you really want to have is available to you, if you are willing to put forth the effort to make it happen.

You will also find the effort is very small compared to the benefit you will receive, and these benefits will last the rest of your amazing life.

I want to personally thank you for accepting this gift of happiness from someone who loves and cares about you.

Because you are here and you are happy, the world is a
HAPPIER place!

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Introduction

Lots of books have been written for adults about how they can create a happier life for themselves, and many of them who read these books say how much they wish they knew this when they were young.

Well, I was one of them.

You see, like some kids you may know I was one of those kids who had a very unhappy childhood, and it seemed to get even worse when I became a teenager.

This is why I wish I knew this stuff when I was young however I have also learned that it is never too late to start living a happy life on purpose.

But it was when I became a dad myself that it hit me! I thought what if I wrote a book for my kids to see if kids can actually learn this stuff earlier in life than most of us get the chance to? And guess what? They learned this stuff much faster than I did!

And you will too!

This book is all about HAPPINESS and you are about to learn what happiness really is, where you will find it and most importantly how you can experience more of it every day of your life.

But of course **ONLY YOU KNOW WHAT MAKES YOU HAPPY!!**

Every single person has their very own story and everyone has experiences that change them in some way, and everyone has the right to be happy.

But there is another HUGE benefit you need to know about.

When each one of us makes a commitment to doing and being what it takes to be happier, everyone benefits.

Believe it or not (and, I really hope you do!) happiness spreads like a virus and we can actually SPREAD HAPPINESS!

But the big question is...

Do you really want to be happy?

I know this may sound like a crazy question because you would think anyone would answer this question with a big **YES!**

However, the truth is for many kids in every part of the world happiness is a daily struggle.

I have a plan I want to share with you...

And my plan starts with asking you a very important question...

Will You Change the World With Me?



Even though everyone wants to be happy many people just can't seem to find it., and many of us are simply looking for happiness in the wrong places.

But for so many kids in every part of the world *happiness* is far more than just a struggle every day. Many children all over the world have never experienced happiness before.

But we can start to change that, and I do hope you'll join me!

Science has proven that when someone is truly happy they influence others around them to be happy too.

When we are feeling great about ourselves we do good things and help others, then we feel even better and those around us end up doing the same thing.

When we are happy we make better choices and our choices will change our life, those close to us and the entire world.

My idea is this... If you and I and everyone around us do our part to be happier and make a commitment to helping others feel great too, **WE WILL CHANGE THE WORLD!**

To pull this off it will take a big commitment from all of us, but the choice to be happy really isn't a hard choice to make.



It's as simple as a SMILE!

Your authentic smile spreads to others and then they smile at someone else and so on...

I did the math on this! And it all starts with just a smile. Yours and mine!!

You will discover in this book that if you truly think and believe you can do something (anything) you will do it, but you must also know that it works the other way too. If you truly believe you CANNOT do or be something, you won't do it or be it.

If you believe in your heart you can accomplish something you wish to master you are likely to learn about, make a few mistakes, learn from them and become a master.

This is true about being HAPPY too!

Our happiness comes from deep inside our beliefs about what truly makes us happy, and we live our life based on those beliefs. So if we have the belief we deserve to be happy and we ARE happy, we live our life much happier.

This book will show you where you WILL find happiness and how you can experience more of it in your life.

The exercises in this book work best when we use two very powerful learning tools.

- The Power of Your **Thoughts** and **Feelings**.

Everything created by anyone, ever, first started as a THOUGHT, and thoughts will create FEELINGS within us. This is how all things ever created begin, and this is known as "*The Creative Process*."

This process is always happening within each of us all the time, and if we lose control of our thoughts and feelings we lose control of our ability to create our life the way we really want.

When our controlled thoughts and feelings are positive and feel good we instantly set into motion the *creative process*, and anyone who has created for themselves the life they wanted will tell you, the next step is **MUST!**

- Know what you want and **WRITE IT DOWN!**

There is a very special power we activate in our brain when we write down what it is we wish for. You will learn more about this amazing power you already have, and throughout this book you will be putting that power to use.

When you see this little dude with his pen it will mean for you to find a pen or pencil and get ready to **TAKE ACTION!**

Take Action.



What is HAPPINESS?

I have asked hundreds of people, and kid's this question...

What makes you truly happy?

And it seems many people are unsure of what happiness really is and what really makes them truly happy and how to BE HAPPY more often.

Lots of people believe more things, more money and success will make them happy. But scientists have found that this belief is actually backwards.

The truth is...

BEING HAPPY FIRST BRINGS MORE SUCCESS!

HAPPINESS is your choice, so if you choose to BE HAPPY this book will tell you what you need to know and show you how to start living a happier life right NOW!

We can do things to bring about feelings of happiness and be around people who we feel happy to be around, but what about when things happen that make us feel unhappy?

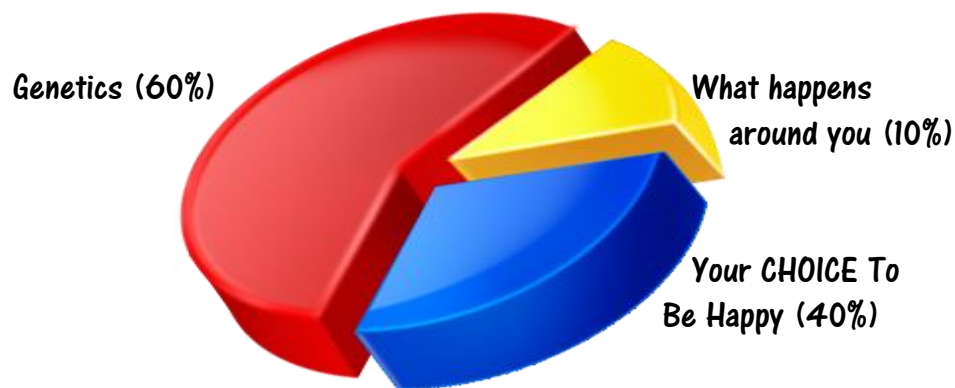
How do we bounce back to happiness? How can we BE happier more often throughout our lives?

Scientists have been researching human feelings for many years, but it has only been over the past 20 years that serious studies have been done on happiness, and this research has revealed some incredible findings.

But the very first thing to understand is that the cause of all happiness and unhappiness is not from what happens around us, but rather what we THINK about when something happens around us.

Here are some interesting Happy Facts:

- A little more than half **60%** of how happy we are depends on how happy our parents and grand-parents were. They call this our “genes.”
- Only around **10%**, of how happy we are depends on what goes on around us (school, home and other people etc.)
- The remaining **40%** of how happy we are turns out to be OUR OWN PERSONAL CHOICE TO BE HAPPY



Science has also discovered that HAPPIER people:

- Live healthier lives
- Live L*O*N*G*E*R lives
- Experience greater success at school and career
- Have longer lasting and deeper friendships
- Appreciate life more!

Where to Find Happiness?

If you understand these next points you can easily access happiness anytime you want and experience the benefits that being happy more often can bring.

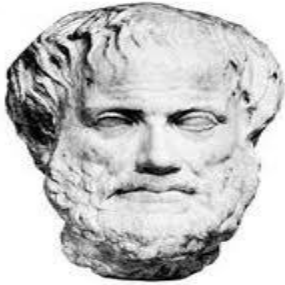
- Happiness is **INSIDE OF YOU RIGHT NOW, NOT OUTSIDE OF YOU**. You will never find true happiness if you expect to find it somewhere “out there” because happiness is inside your own **thoughts, actions** and **beliefs**.
- More things, more money and more pleasures only provide short bursts of happiness that will not last. At some point they will provide no greater happiness at all.
- Though we need to have pleasurable experiences to be happy, pleasure is only a small part of how happy we are most of the time.
- Scientists have found that having **MEANING** in our life, like volunteering for community service, helping special needs children and helping others is a major part of our happiness.

STUDIES AROUND THE WORLD CONFIRM THE #1 CAUSE OF HAPPINESS IS HELPING OTHERS BE HAPPY THROUGH KINDNESS, COMPASSION and GRATITUDE.

These are **SCIENTIFIC FACTS** about happiness and it is hard to argue with science, but it really comes down to **YOUR CHOICE** to do what it takes to...

BE HAPPY

Happy More Often



"Happiness is the meaning and the purpose of life, the whole aim and end of human existence"

Aristotle, the Ancient Greek Philosopher said this almost 2400 years ago:

The truth is we cannot BE HAPPY ALL THE TIME! THIS IS NOT POSSIBLE

WE ALL MUST FEEL UNHAPPINESS FROM TIME TO TIME!

What we can strive for is to have the balance between happiness and unhappiness lean more toward happiness more often.

Human beings have survived for millions of years because of our ability to think and feel all of the emotions we feel.

If we were not capable of feeling FRIGHTENED we easily would have been eaten by Dinosaurs or Saber Toothed Tigers. Anger is actually an emotion used to protect us from others wanting to take our stuff, like our fire! Fear actually helped our ancestors survive by keeping them safe.

But in today's world we don't have to fear being eaten by a tiger but we must have the ability to feel all of the things we feel.

But here is the really cool part...

Knowing the key to happiness is in your thoughts and your feelings, and how your actions affect the thoughts and feeling of others, you begin to actually understand how you ATTRACT more experiences and people into your life that make you think and feel happy.

Thoughts Become Things!!

Your powerful mind is capable of many things like making sure your body functions properly without you ever having to think about it.

But what you **DO** think about is what creates the life you have.

In fact everything you can see around you, except nature of course began as a thought in someone's mind before it became a REAL thing.

YOU HAVE FAR MORE POWER THAN YOU CAN EVEN IMAGINE!

Your thoughts create your BELIEFS about the world around you, other people and most importantly, yourself. Then we see ourselves and the world happen around us based on those beliefs.

It's true! What we think about comes about!

Just like our mind controls our body without our thinking about it, our mind also controls our actions without our having to think about them.

Think about your greatness! You will experience great things! Think about your strengths like kindness and loyalty to your friendships and you will ACT on those strengths and attract kindness and loyalty from your friends.

8 Action Steps to Happiness

Most people want to be happier and now science has determined that we really can be happier and enjoy life the way it was meant to be.

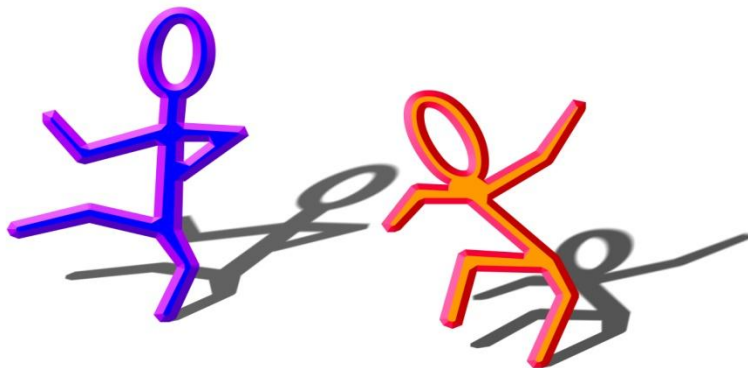
On the pages that follow are 8 Action Steps you can take right now and every day that will bring out deep feelings of true happiness from within you.

Happier thoughts and beliefs about yourself, others, and the world around you are necessary parts of happiness. Your thoughts and beliefs lead to actions that bring about true feelings of HAPPINESS.

All the books and science about happiness are great, but they do you no good at all unless you are willing to put the information into action in your daily life.

The real proof is in what it does for you and those around you.

TAKING ACTION allows you to **BE HAPPY NOW!**



Action Step #1

Being Grateful!

Have you ever felt thankful for something or for someone and been unhappy about it? Not likely, because a grateful thought is the quickest and easiest way to bring on a happy feeling inside you and anyone around you. Gratitude can make unhappy feelings disappear instantly. It is very difficult to be grateful and sad at the same time.

Many people have developed a habit of feeling unhappy about what they **DON'T** have in their life, rather than feeling grateful for what they **DO** have. Even though we all know we feel so much better when we are grateful.

We develop these *habits* by thinking the same thoughts over and over again. We can develop a habit of thinking grateful thoughts too which become easier and easier to do the more we do it.

Can you think of anything you have accomplished completely on your own, without any help or guidance from someone else? Probably not, because all of our success comes from someone else teaching us, guiding us, supporting us and loving us.



On the lines below, list 4 people in your life that you are grateful to for helping you succeed at something.

1. _____ 2. _____

3. _____ 4. _____

Other people in your life are certainly worthy of thanks, and they too will benefit from your showing them.

Write a short letter of gratitude to each person you listed above and give it to them. You both will be so happy you did.



On the lines below, list 4 things in your life right now that you are truly thankful for. The key is to truly FEEL the feeling of gratitude when you think of these things.

(Examples: friends, pets, family, your strengths and abilities)

1. _____
2. _____
3. _____
4. _____

I would imagine you are feeling a bit grateful right now, or you may be feeling the huge rush of good feelings that come from thoughts of gratitude.

Being grateful is a key to life long happiness and if you will commit to doing this exercise every morning for the next 30 days, you will be begin to feel the benefits that being grateful can have.

Action Step #2

Believe in Yourself

When you were very little and just learning to walk and get around without being carried everywhere, you made many mistakes and fell down, a lot.

You did not give up because you knew you could do it. You also noticed each time you fell down you got back up and tried again.



The way you think about making mistakes and experiencing failure will determine your success.

If you believe that mistakes and failures are “bad”, you will not want to try new things. But if you truly believe you CAN learn from mistakes and that you will succeed, you WILL.

You may have heard of Henry Ford. He was one of the first people to make cars available to everyone.

He experienced many mistakes and lots of failure, but he never gave up on his dream and he knew he could do it.

Making mistakes and failures MUST happen! In fact, the most successful people are those who made the most mistakes but never gave up trying.

“Whether you think you can or think you can’t, either way you are right”

Henry Ford



Below is the “I AM” exercise and it will help you affirm to yourself that you already have what it takes to create the life you want. On the lines below, list 5 amazing strengths you already have that will help you succeed at anything you put your MIND into.

1. “I am _____”
2. “I am _____”
3. “I am _____”
4. “I am _____”
5. “I am _____”

Here are some words you might use to describe YOU...

Helpful	Friendly	Caring	Confident	Kind
Respectful	Loving	Happy	Thankful	Eager
Peaceful	Dependable	Determined	Excited	
Energetic	Inspiring	Powerful	Giving	Proud
Trustworthy	Motivated	Courageous	Imaginative	

Read these statements out loud every morning!

Action Step #3

Help Others Find Happiness?

If you see someone without a smile, give them yours and it will make their day much brighter.

All of the lessons and activities in this book will certainly help you find true happiness if you put them into action, there is no doubt about that, however this is one that will not only change your life but the lives of others too.

Your commitment to helping others can change the world!

Scientists have found that the number one thing that brings out true happiness in people all over the world is **helping others feel good about themselves.**



As you probably already know, words can have a powerful effect on us, and the words we say to others do the same. In fact, the words we choose to use when we deal with other people have a more lasting effect than you might imagine.

When you choose to use words that are up-lifting and kind, your heart smiles, and those around you that hear your words smile inside too. Your words can truly change someone else's life forever and yours too.

Kind and caring words help us realize that people really do care about us and when you use these words with others you may just change their entire life.

Negative and hurtful words can affect people deeper than you might imagine and can affect their entire life too.

Knowing our words may have caused hurt to another person will not only lower our self-esteem but will absolutely prevent anyone from having the kind of happy life they really want to have.

How we use our words toward others is a reflection of the kind of life we will have, and how happy we will be. If our words hurt others or cause someone to feel unhappy we are guaranteed to be unhappy as well.

But we can also help others feel better without even speaking a single word. The power of our smile is enough to change someone's entire day.



On the lines below list 3 things you can do each day to help someone be happier.

Action Step #4

Learn to Forgive

We all experience someone trying to hurt our feelings at times throughout our lives, this is just a fact of life, but how deeply we are hurt and how long it lasts depends on our **thoughts** and our **reaction** to what was said or done to try to hurt us. It will hurt only if we let it.

This may be one of the most important lessons grown ups wish they knew when they were young.

When someone tries to hurt your feelings it is important to understand that all anyone can do is TRY. This is because no one can MAKE you feel a feeling you don't want to feel.

When something negative happens we feel an emotion like sadness, fear or anger and, believe it or not we don't have total control over that because this is our amazing brain using its natural ability to protect us.

However, *after* the first BURST of emotion is when we take control with our thoughts, which will either cause more negative emotion, or we can choose to change them to thoughts that FEEL better.

When others try to control our thoughts and feelings and try to make us feel sad, angry or scared, it is usually because something is happening in THEIR own life and they may be in need of help but not finding it, or maybe they are being treated poorly at home.

Have you ever heard "misery loves company"? Well this may be a reason why some people try to make others feel bad. "If I am sad then you should be too" or "If I have no control of my life, then I can at least control yours"

Okay, I know it is a lot easier to say than do, but you really can protect your feelings from being hurt by being strong minded and by knowing that you get to think for yourself about what is true or not.

So if someone says something to you that you know is not true you can feel better knowing it is untrue.

However, it can be difficult to overcome humiliation or rumors that are untrue because it usually involves other people too.

An easy way for people to lesson their chances for a happy life is to humiliate, embarrass or start an untrue rumor about someone else.

But they can repair their chances to be happy with a sincere apology and to ask for forgiveness.

**** VERY IMPORTANT ****

IF YOU, OR SOMEONE YOU KNOW ARE BEING BULLIED BY ANYONE, PHYSICALLY OR WITH WORDS, ALWAYS LET AN ADULT KNOW ABOUT IT AND ASK FOR HELP. BULLYING IS NEVER TOLLERATED ANYWHERE! BULLIES NEED HELP AND THEY DESERVE TO GET IT. EVERYONE IS WORTHY OF HAPPINESS, AND YES, EVEN BULLIES.

FEELING EMOTIONS LIKE SADNESS, ANGER OR EVEN FEAR, ARE NESSEARY EMOTIONS THAT ALL HUMAN BEINGS FEEL AND THEY SHOULD NOT BE IGNORED. YOU MUST RECOGNIZE YOUR EMOTIONS IN ORDER TO CHANGE THEM.

IT IS OKAY AND TOTALLY NORMAL TO FEEL ALL OF YOUR EMOTIONS, AND ALWAYS ASK FOR HELP IF YOU EVER HAVE TROUBLE DEALING WITH YOUR EMOTIONS.

You may not forget about the situation or the person that tried to hurt you, but you can **forgive** them. A term you may have heard before is “forgive and forget.” This is not realistic because the event will likely stay in your memory, but how you remember it will change when you are able to forgive those who have hurt you.

It may seem very difficult and even impossible at times but we all can learn to forgive and move on because it just feels better.

If you are ever reminded of the event where you were hurt by someone, many of the same emotions can return, simply from your memory of it, but when you have forgiven, those painful feelings do not return the same way, even if you are reminded of the event or if you happen to experience a similar one. This is because you have CHOSEN to forgive and relieve yourself of painful emotion.

When you forgive someone you are doing so for you, not for them. In fact the other person does not even have to know you have forgiven them, but you will **FEEL** like a big weight has been lifted off of your shoulders.

It feels really good to be forgiven when we have done something to bring about an unhappy feeling in someone else, even if our actions were accidental. When we feel very sorry for our actions and ask for forgiveness, and we are forgiven, we have a heavy weight lifted from us too and feel very grateful to have been forgiven.

Can you think of anyone in your life that has hurt you or caused you to feel an unwanted emotion, and you have not totally forgiven them?

Even if they have not asked to be forgiven can you bring yourself to forgive them?



Can you list three people in your life you can bring yourself to forgive for something they may have done or said to hurt you?

You will begin to see that even writing their name below will bring you closer to forgiveness and feeling much better.

Please remember when you forgive someone you are doing so first for yourself, then if you let them know you are aware we all make mistakes and that you forgive them, you will be helping someone find peace and happiness. As you now know this is the best way for YOU to find happiness within yourself too.

Tell yourself that a happy life is far more important than to hold a grudge or to get back at someone, especially if that someone is an important part of your life.

Try to think of a relationship you might help repair through forgiveness. Then FORGIVE!

“To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness”

Robert Muller

Forgive YOU!

Forgiveness is a strength that can change your life and the life of those whom you forgive.

To ask for forgiveness and to be forgiven is an inner strength that will benefit your life forever.

However, the most challenging form of forgiveness is your ability to forgive yourself, and this happens to be the most important person to forgive.

The relationship you have with yourself is the most important relationship you will ever have.

Having the confidence to create an outstanding life and to believe you are worthy of a happy life requires you to feel good about who you are.

Forgive yourself and accept that you are human, you are perfectly normal and that all humans make mistakes.

To forgive yourself helps you learn from mistakes which helps you grow a stronger relationship with yourself, and you can conquer anything.

“We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love”

Martin Luther King, Jr.

Action Step #5

Desires, Beliefs and Action!

Desires are your thoughts about something you want. Whether it is getting an “A” grade on your report card, to make new friends or to make the world a safer place, it all starts with a thought about something you really want.

When you intend to achieve what you want to achieve you will become unstoppable.

The most important part of setting a goal for yourself is to **believe** you can succeed at achieving your goal if you are willing to put forth the effort. It makes sense that if you don't believe you can achieve your goal, then you likely won't achieve it. You must truly believe you are capable and that you truly deserve to be successful.

After you have put some thought into the things you want to achieve (setting your desires) and you are committed to your intention to achieve them and you truly believe you can do it, the next step is to take the **ACTION** needed to put you on the path to success.



Using the words above, fill in the blanks to complete the sentence below, and read it to yourself over and over until you believe it.

“I truly _____ I can achieve my _____ because I am committed to taking _____ to achieve them.

Action Step #6

Writing Down Your Goals

Scientific research has shown that the simple act of writing your goals and commitments can increase your chances of achieving them. Goals are very important but you also must think about why they are important to you.

In fact one study showed we can increase our chance of achieving our goals by 50% just by writing them down on paper.

But get this! You increase your chances by **200%** if you read your goals 2 to 3 times per week.

It is very important to focus on the things you **can do** to achieve your goals, the things **you should** do to achieve them.

And believe with all your heart you really **can** achieve them if you are willing to put forth the effort.





On the lines below, list the Top 5 Goals you really **want** to accomplish and why that goal is important to you.

1. _____

This goal is important to me because:

2. _____

This goal is important to me because:

3. _____

This goal is important to me because:

4. _____

This goal is important to me because:

5. _____

This goal is important to me because:

Your Commitment to Happiness

When you make a written commitment and set your intention to create more happiness in your life by helping others do the same, you are putting yourself on a path to a remarkable life.



There is great power in writing down your commitment and you are determined to do all it takes to make it happen.

On the next page you will find your opportunity to sign your written commitment. Print this page and put it on a wall where you can read it every day.

My Commitment

Today I am committed to setting my goals.

Today I am committed to working hard.

Today I am committed to being kind.

Today I am committed to being grateful!

Today I am committed to being forgiving!

Today I am committed to loving myself!

Today I am committed to sharing my smile!

Today I am committed to being a friend!

Today I am committed to being happy!

Signed

Date

Action Step #7

Your Incredible Imagination

You know you have an incredible imagination because you use it all the time, and when it comes to achieving your goals you can use your imagination to think big and go for your dreams.

As you are imagining yourself doing what you want to achieve, if you close your eyes, you can see yourself in your “minds eye” achieving your goal. This is a very powerful tool to help you achieve your desires called Creative Visualization and this technique has been used by many people throughout history to help them achieve their dreams.

This is a photograph of one of those people when he was 10 years old. He used his imagination and the power of creative visualization to make his dreams come true.



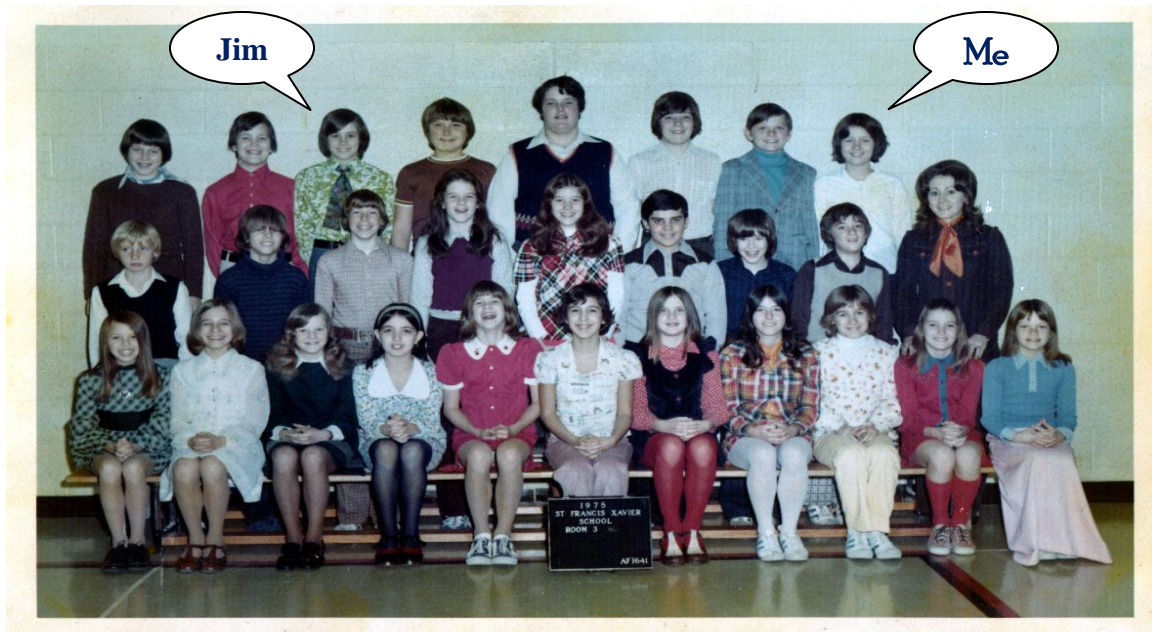
He was also one of my classmates in Elementary School and this is his 5th grade picture.

He knew what he wanted, he set his intention to achieve his desires and he believed without any doubt he could accomplish his goals and desires.

And He Achieved Them!

Can you guess who he is?

Well my classmate was Jim Carrey, and I'm pretty sure you have heard of him.



Using the incredible power of Creative Visualization does not mean you too will become a world famous actor, however if that is your desire, your intention is to make it happen and you believe without any doubt that you can be, do and have anything, anything is possible.

Anything you can do to make your goals and desires feel real in your mind starts the process of achieving your dreams. Long before Jim Carrey became famous he has said how he would visualize himself as a famous actor and he would get the FEELING inside like he had already achieved his desire.

"I would visualize things coming to me. It would just make me feel better. Visualization works if you work hard. That's the thing. You can't just visualize and go eat a sandwich."

Jim Carrey

Make a DREAM BIG Board



This is fun to make and it is a great tool to help you get into visualizing.

This is an example of what a Dream Big Board might look like.

Here is how you can make your very own **DREAM BIG BOARD**

Ask your mom or dad for a large piece of poster board or cardboard and if they have any magazines they no longer need. Then, flip through the magazines looking for pictures of things you would like to have, things you would like to do or places you would like to go. Find your scissors and carefully cut the pictures out of the magazines and paste or tape them to your poster board.

Hang your **DREAM BIG BOARD** in your room or somewhere you can look at it when you want to use the powerful tool of Creative Visualization.



I'm sure you recognize this guy who has told many times how he used the power of his incredible imagination and creative visualization to make his dreams come true. That is how he came up with the idea for Mickey Mouse.

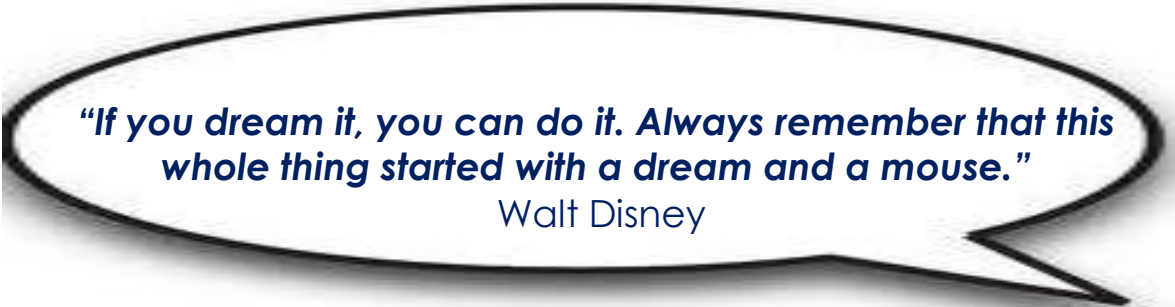
Though he failed many times and made many mistakes, and no one believed he could do it. HE NEVER GAVE UP ON HIS DREAM!

Below are what some great people have said throughout history about believing in yourself and the outstanding power of visualizing your dreams.



"Life opens up opportunities to you, and you either take them or you stay afraid of taking them."

Jim Carrey



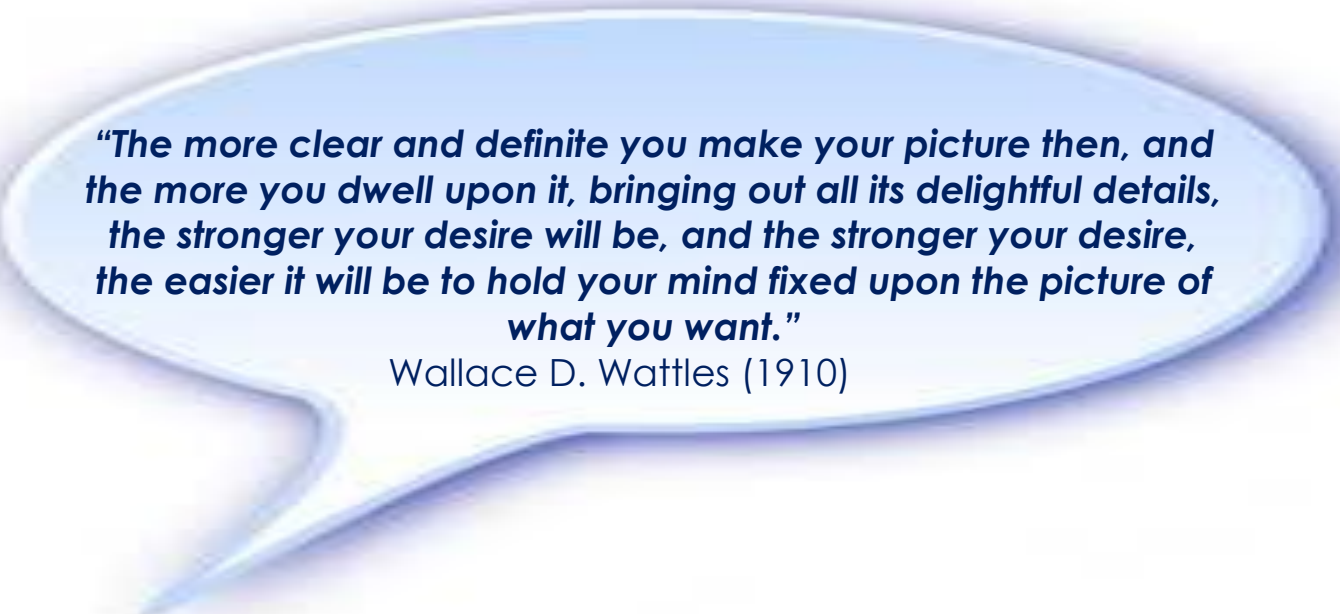
"If you dream it, you can do it. Always remember that this whole thing started with a dream and a mouse."

Walt Disney



"We are what we think. All that we are arises with our thoughts. With our thoughts we make the world."

Buddha



“The more clear and definite you make your picture then, and the more you dwell upon it, bringing out all its delightful details, the stronger your desire will be, and the stronger your desire, the easier it will be to hold your mind fixed upon the picture of what you want.”

Wallace D. Wattles (1910)



“Whatever the mind of man can conceive and believe, it can achieve”

Napoleon Hill, (1937)



“No one knows what he can do until he tries.”

Publilius Syrus, Latin Writer
(1811 – 1896)

If you believe in yourself and know you can truly have a happy and joyful life, you really can make all your dreams come true.

You just need to WANT it enough to make it happen.

Action Step #8

LAUGH and PLAY



I saved the best action step for last because I hope this one you will never forget how to do.

Many people grow up to be adults that have forgotten how important it is to play, imagine and make-believe and laugh.

Scientific studies about the importance of PLAY and LAUGHTER have shown that happier people are those who like to play as much as possible, and that laughter leads to better health and happiness.

The play I am referring to is the kind of play that requires movement and imagination. So sitting on a sofa playing video games doesn't count, sorry.

Try to do at least one of these things every day:

Play a sport, build a fort, play board games, play cards, ride your bike, play with your pet, play with friends, play hide & seek, play catch, climb trees, pretend and make-believe, tell jokes and laugh or lay in the grass and stare at the sky and imagine.

Be sure to play and laugh every day to ensure happiness.

Word Glossary

Attracting: to pull to or toward oneself or itself
I'm thankful I am **attracting** good friends at school.

Achieve: to get by effort
You can **achieve** your dreams when you learn from your mistakes and never give up.

Believe: to accept as true
If you really think you can do something or be something that means you **believe** in yourself.

Confident: having or showing confidence
A **confident** person feels and thinks "I can do it" when they try new things.

Courageous: strength of mind to carry on, in spite of danger or difficulty
A **courageous** person is not afraid to make mistakes.

Creator: one that creates or produces
Walt Disney was the **creator** of Disneyland.

Depend: to rely for support
When we **depend** on someone, we trust and believe they will help us.

Deserve: to be worthy
All children **deserve** the right to go to school.

Eager: having or showing an impatient or enthusiastic desire or interest
He was **eager** to play in his championship baseball game today.

Encourage: to cause to feel courage, spirit, or hope
Our parents and teachers **encourage** us to do our best and be happy.

Enthusiasm: something causing a feeling of excitement and active interest
The gym was filled with **enthusiasm** by all the people that came to watch the game.

Experience: skill or knowledge gained by actually doing or feeling a thing
Everything that happens in your life is an **experience**.

Expert: showing special skill or knowledge gained from training or experience
An **expert** is a person who is very experienced at something and can teach others.

Imaginative: of, relating to, or showing imagination
To create something from your thoughts is being **imaginative**.

Inspiring: to cause to have a particular thought or feeling
Seeing someone doing something they love doing, like singing on stage or playing a sport can **inspire** us to do what WE love to do.

Memory: something remembered
Your **memory** is like a storage box in your mind that keeps all of your experiences.

Motivated: to provide with a reason for doing something
He was **motivated** to clean his room because as soon as he finished, his mom said he could go out and play.

Quote: to repeat, to give as an example
We **quote** someone if we say or write something that they said or wrote before.

Respectful: relation to or concern with something specified, marked by or showing respect
If someone is speaking, you are being **respectful** by listening.

Responsibility: being the one who must answer or account for something, the quality or state of being responsible
He has the **responsibility** to make his bed every day before he leaves for school.

Solve: to find a solution for her homework for tonight includes ten math problems she needs to **solve**.

Succeed: to reach a desired end or object
I will **succeed** in school if I pay attention in class, do my homework, and study for tests.

Please send me your comments! I would love to hear from you!

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