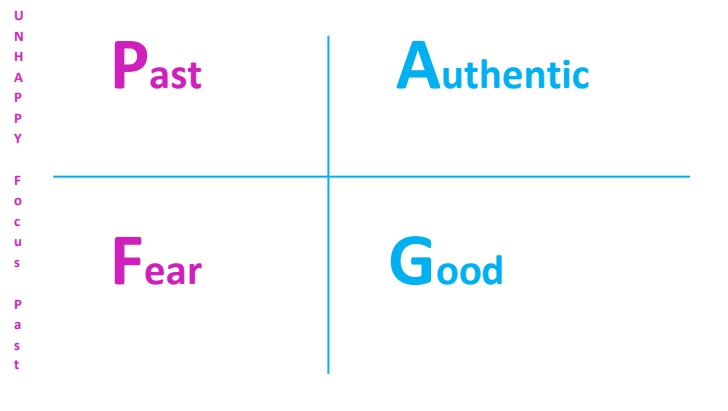


Best thing about the past is that it is over. Bad relationships, poor decisions can all be filed away and you have an opportunity to rewrite the book and learn from them. The future has yet to be written and you can create it to be whatever you want.

The secret to living a happy life now is being in the present and the state of your thoughts.

Living in the Past. When we stay in the past and believe our negative, unhappy thoughts all we do is create pain and suffering. What causes pain and depression is not the world around us, but what we believe about the world around us.

As our unpleasant past stories manifest they cause us to not move forward. You can't start the next chapter of your life if you keep re-reading your last one.



Fears. Every fear you face you have learned throughout your life except two innate ones. There are only two innate fears we are born with and they are loud noises and falling. They are built into your DNA and have been passed down from generation to generation as a survival mechanism. Their sole purpose is to keep you alive, and create emotion that will motivate you to avoid danger.

Let go of things that no longer serve you and put your problems in the past where they belong by questioning your fears. You cannot change what you refuse to confront.

When we eliminate fears and past stories we can experience more happiness. (See diagram)

Good Decisions come from asking better questions and changing your state. You will make thousands of decisions over your lifetime. Some will make no impact and some will transform your world. The state you are in when you make those decisions and your thoughts will affect whether they are good or bad. You want to start manifesting skills to develop good states. Learning to put yourself in a good mood is a starter. When you are in a bad mood and have negative thoughts, you feel bad and make bad decisions. Sometimes you just need to tell yourself to STOP!

**SAYING “NO” TO BAD CHOICES
IS SAYING “YES” TO YOU!**

Come from being in a place of gratitude for what is, makes you open to what can be.

Asking quality questions will help you make better decisions and your actions will match the results you get in your life.

Authentic to you. Making decisions for you not others is key. When we make decisions just to please others we privately beat ourselves up for doing something that is against our better judgment. Think about all the decisions you made in the past in order to make someone else happy and left yourself angry or resentful for having to do something you did not want to do. Perhaps in the end they still weren't happy, so you sacrificed yourself in the process.

Life isn't about pleasing everybody it is about pleasing you. Follow your core purpose and make yourself happy first. Inadvertently when you make decisions to please others you are not being genuine and true to you.

"I am in charge of how I feel and today I am choosing happiness."

Most people don't love themselves because they have lost touch with who they are. *You are not disliking you. You do not love the facade you created for you.* In order to be truly happy you need to be yourself.

Everyone deep down inside wants to be loved and accepted, the only challenge is when we do it at the expense of ourselves.

Learn how to accept yourself. That's right; accept you, flaws and all. Nobody is perfect so stop trying to be perfect. I decided long ago to strive for imperfect, and I always succeed in meeting those expectations. As long as I am moving forward I am happy.

F.L.Y., First love yourself, others will follow.

Assignment:

1. Write down (10) ten **Good Decisions** you have made in the past.
2. Note (5) five **Good Decisions** you make in the following week and write them down.
3. What questions did you have to ask yourself to make those Good Decisions? What state were you in when you made them?
4. What decisions have you made for yourself recently that is **Authentic to you**?