

# How to Get Into the Happiness Habit™

It turns out being happy isn't something you're born knowing how to do, like breathing or blinking. It's a skill you have to learn and practice, such as riding a bike. But once you know how to be happy, just like with riding a bike, you'll never forget how to do it and the results will be effortless and fun. Here are the 5 key steps:

1. **Banish:** What do you want to let go that is no longer working for you?

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2. **Keep:** What do you want to keep that is still working for you?

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3. **Set Strong Boundaries:** Who or in what situation are you powerless to say "No" to?

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4. **Positive, Agenda Free Friends:** Who would support and love you no matter what?

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Who would be angry or judge you if you changed?

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5. **Claim Your Power, Find Your Voice:** When do you not speak up out of fear of being judged or thought to be Ms. Bossy Pants? \_\_\_\_\_

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Statement of power: I \_\_\_\_\_ am Queen Of My Own Life.

I am a brave woman on an amazing adventure. I will use my power daily to live my life without judgement, I will help others and I will have fun while I'm doing it.

As my first official act, I choose to: \_\_\_\_\_

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Come and join us wherever you like to hang out!

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