

Personal Affirmation Reflection



I find happiness everywhere I look.

When I look around me, I see happiness. **Even when there are trying times, there is always happiness to be found.** Every cloud really does have a silver lining, and I take the time to find it.

Happiness is a state of mind. If I expect to see happiness, I do. Unlike too many others who expect to see sadness, I expect happiness and joy. Because I look for good things, I see good things. Sadness has no place in my life.

My mind is focused on things that make me happy. Joy can be simple or complex, but it is always available to everyone, including me.

Even though things might be imperfect, there is value in every situation. **There is always something to be happy about.** Even breathing is a gift, because it shows I am still alive. There is happiness in that gift for anyone who is willing to see it.

I am always willing to see happiness instead of sadness. **The ability to find happiness is within me.**

When I look, I see happiness in my life and in the lives of others. Because I see happiness, I am able to share what I see with others. This helps me bring joy to the lives of other people.

Today, I look carefully around me to see the happiness in everything.

Affirmation-Reflection Questions:

1. How can I see more happiness in my life?
2. Can I find ways to help others see more happiness in their own lives?
3. What can I do to share my own joy with others?

Answer Questions on next page

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Action Reward Store Take Your Life to the Next Level by Using Social Media

- Do you "like" Facebook?
- Are you into "tweeting"?
- Do you get "Linked" on LinkedIn?
- Are you doing "Circles" on Google?
- Do you absolutely love leaving your opinion and insights on blogs?

Oh yes... You also **love self-help/personal development materials**.

If you answered yes to at least one of those questions... you're going to start doing cartwheels.

Now you can get your self-help materials just by using social media!

No Kidding.

This is like a dream come true that make your inner self-help junkie jump for joy.

Here's the Scoop

1. You'll need to be a **FREE** member of the [Inner Connection Club](#)... you also receive the nifty "Treasure Chest of Success" kit just for joining
2. Before you press that social media button - Log in to your account
3. Now you're all set to collect reward credits.

Wherever you see this image  on a page, just leave a comment and/or click one of the social buttons and you earn credits. Use your credits to go "shopping" in the [Action Reward Store](#).

Your credits never expire...

You had to press one of those "social buttons" to receive this Affirmation Reflection... and if you were signed in... you got a credit!

Go to the Action Credit Store - download the catalog. Every month new items get added to the Action Reward Store

Action Reward Store - <http://annrusnak.com/club/action-credits/>
Join the Inner Connection Club - <http://annrusnak.com/free-success-kit/>

