

Personal Affirmation

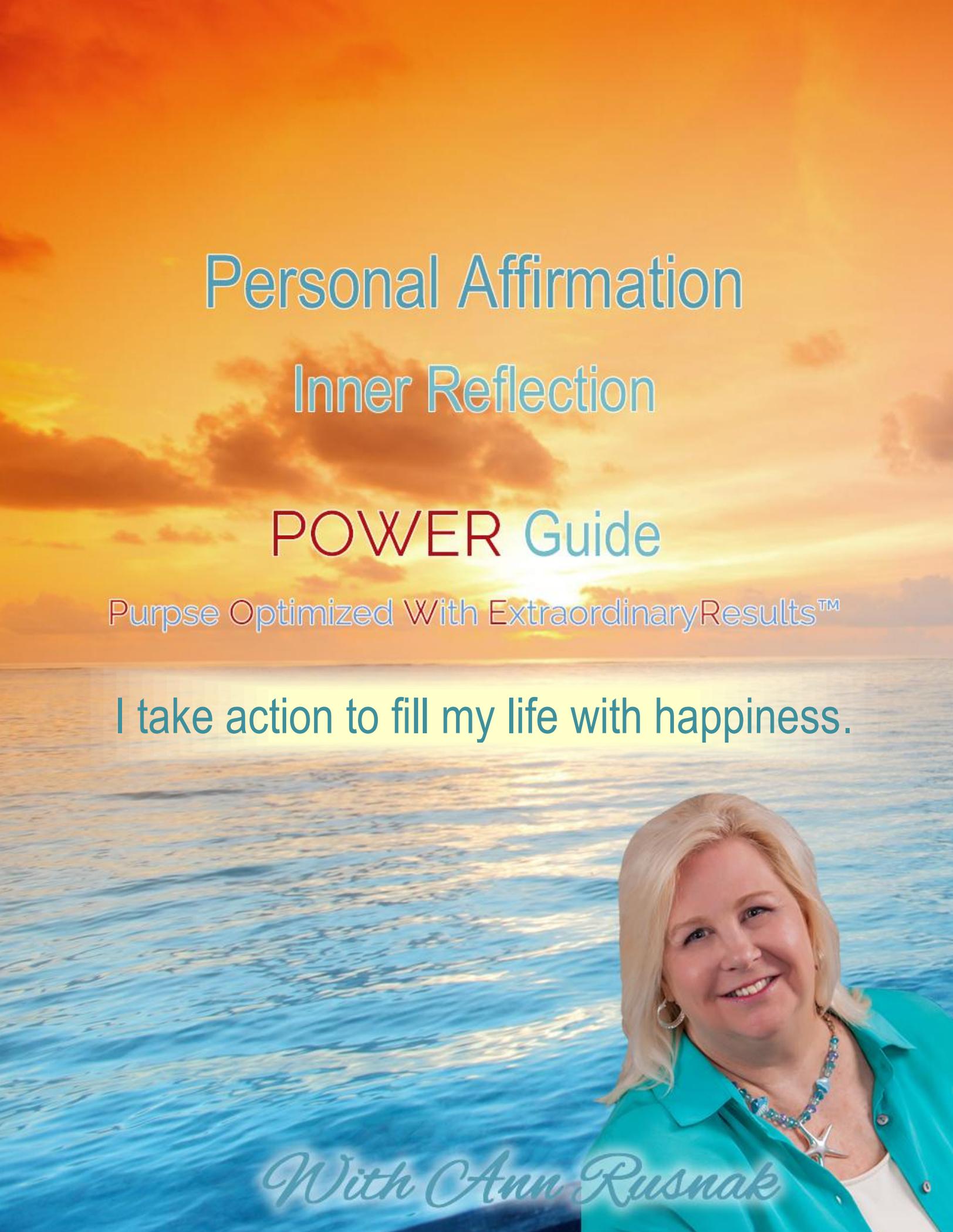
Inner Reflection

POWER Guide

Purpose Optimized With Extraordinary Results™

I take action to fill my life with happiness.

With Ann Rusnak

A woman with blonde hair, wearing a teal jacket and a necklace, smiling against a background of a sunset over the ocean. The text is overlaid on the image.



Publication Notice

Ann Rusnak - A R Success
Marketplace Strategies Inc.
16205 Chatfield Avenue
Cleveland, OH 44111
1-216-941-7059

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I take action to fill my life with happiness.

In life, I have many choices before me. ***I am blessed with the opportunity to select how I spend my time and the behaviors I choose to display.***

I understand the unique and intricate connection between these two facets of my life: behavior and feelings.

If I feel sad or disillusioned about something, I allow myself a few minutes to experience those emotions and reflect on their sources.

Recognizing how my choices and actions influence the outcome in a situation is important. I also realize that the feelings I experience from an upsetting situation can profoundly impact the course of my day.

So I consciously engage in something that brings me pure joy

and helps lift my emotions. My feelings of happiness stay with me throughout my entire day!

Sometimes, simple things like a walk outdoors or hearing the voice of a friend make me happy. Spending time in my home, my sanctuary, provides feelings of peace and joy. Watching my children's exuberance reminds me of the happiness I can feel whenever I choose.

Because I am responsible for my own feelings, I choose to bring pleasure and contentment into my life.

Today, I intend to take whatever steps necessary to initiate and maintain joyful feelings. I know that ultimately, my daily actions determine how I feel. I choose happiness

Devote 15 -20 minutes for yourself and answer your Inner Reflection Questions on next page. **Repeat this affirmation when you wake up and before you go to bed.**

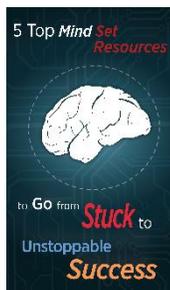
Inner Reflection Questions

1. What can I do each day to invite more happiness into my life?

2. When I feel blue, how do I react? What are my behaviors?

3. What actions can I take to ensure I maintain my happiness, regardless of what troubles me?

"5 Top Mindset Resources for Unstoppable Success"
Resource Guide



Get Your **FREE** resource guide at
<http://AnnRusnakFreeGift.com>



About Ann Rusnak

Ann Rusnak, brings over 25 years of entrepreneurial experience combined with her personal self-discovery journey. She gives women entrepreneurs the tools to go from stuck to unstoppable success, gain the essential confidence to move forward to build a profitable purpose-driven business.

Using the holistic approach of the ACE Success System™ she developed, women entrepreneurs can finally remove their self-imposed limitations to connect with their inner power, inner success and their Magical Essence easily and effortlessly. Ann's method makes it possible for you to go deeper into yourself, where limitations exist, without stress and resistance. Making it possible for you to make lasting positive shifts in your life.

Ann says, "I believe we're born with so much potential and countless gifts. Sadly, we rarely maximize our potential or use our abundant gifts! I love that through my experiences, both professional and personal, I have the essential tools to help women grow closer to maximizing their potential."

We specialize in helping you get unstuck from frustration to moving your business and success dreams forward.

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