



Kick-Ass Call to Action

“Get That Happy Feeling” Everyday Life Skills

“Get That Happy Feeling” is about putting the pep back in your step when you’re feeling out of kilter.

This one’s SO simple you’ll be laughing. Find a really quiet place to go sit down for 5 minutes. Bedroom, garage, cellar, garden shed - it could even be the toilet - just get yourself a quiet spot.

- Relax
- Think of the happiest moment in your life.
- SMILE - Really FEEL that Smile.
- Sit for five minutes thinking about the happiest moments in your life, visualize them in your head and re-live them mentally. All the while keep smiling.

Can you not feel it?

Can you not feel how a tremulous, fragile bubble of something has grown inside of you?

Is it excitement, happiness? I don’t know and I don’t really care.

What I do know is that it’s positive. It makes me feel pretty damn good and I feel what I can only think of as happy.

If at any point in the rest of the day you start to feel stressed, anxious or have negative thoughts. Give a big smile, really feel that smile and try and recapture the pumped up feeling from before.

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