

"Create Happy" in only 5 min a day...

This process is designed to be done in bed as the last thing you do before you close your eyes to go to sleep

The process is simply to write down:

- 😊 Three things that made you happy/smile today ❤️
- 👏 Three things you have achieved today ❤️
- ✅ Three things you plan to achieve tomorrow ❤️
- 🙏 Three things you are grateful for in your life ❤️

For each of the above, read them back and:

- 😊 Remember the happy feelings & **make yourself smile again.** 🔥
- 👏 Embrace the feelings of success & achievement and **feel proud** of yourself for the getting them done. 🔥
- ✅ Imagine going to bed tomorrow evening having done the tasks you listed & create a **preview of success** in advance! 🔥
- 🙏 Fully imagine & immerse yourself in the feelings of gratitude & say **thank you** to the universe. 🔥

The next morning, the first thing you do is to read the list again and feel the feelings again to set yourself up for a successful and positive day ahead...

With this system, you get to enjoy your achievements & successes FOUR times:

- 😊 once BEFORE they happen
- 😊 once WHEN they are happening
- 😊 once before SLEEP and
- 😊 once again the next MORNING! ;)

Over time, you will really embed and rewire your brain for success and happiness... ❤️🔥😊

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