

DATE 05/04/09 DAY Thursday TIME 7:50 am

I am journaling today to cultivate habits of thought that will make me a magnet for happiness.

What do I like about myself, my life and the people in it today?

1. I like that my customers appreciate me.
2. I am actually excited to go to the gym today.
3. I love the neighborhood I get to live in.
4. I love the new iPhone application I got yesterday.

What is something that made me smile lately? When have I recently noticed being delighted?

1. All the cute, playful dogs and puppies I encountered on the trail yesterday.
2. Watching an episode of "The Family Guy" last night.
3. Working with Karen at the office yesterday—she is hysterically funny!
4. The sweet hug my little nephew gave me this weekend.

What are some other opportunities to experience relaxation and joy today that I haven't considered before?

1. I could make sure I have a great CD or an audio book for my commute.
2. I could start the staff meeting with a funny story.
3. I could take 20 minutes at lunch for a relaxing walk.
4. I could call Dominique and see if she wants to go dancing tonight.

Where did I recently notice good things coming from being happy and relaxed?

1. I got a fantastic night's sleep last night.
2. Scott happily and gratefully paid my bill.
3. I seemed to have more time and energy this week.
4. I played an awesome round of golf yesterday.

Now go talk to at least one person about what you discovered today!