

The Gift of Happiness

I'd like you to go and find a comfortable spot to sit. Maybe it's your favorite cushion on the couch or outside in the soft grass. Go ahead and get comfy and let me know when you're ready.

Close your eyes and take a few nice, deep breaths in through your nose and exhale through your mouth. Continue to do this while you focus on all of the tension in your body gathering itself up and leaving out through your fingertips and your toes. Vision it flowing ever so slowly out of you and leaving you completely relaxed. Take your time doing this and really feel it.

Now, I'd like you go back in time to a moment, a moment where you were filled with happiness, almost more happiness than you could stand. It could be when you were a carefree child, a young adult or last month. Any moment that you choose...did you find one? I want you to re-create that feeling in your body-how you felt, what you were thinking in that moment, who was sharing it with you-I want you to grab onto those memories and hold them tight for a minute or two. Go ahead and smile if you'd like, it really was a great moment!

I want you to now think of your favorite color. The color that picks you up when you need a boost, the color that you wear out on a Friday night-take this color and transform your happy memory into a great big bow. You're going to be using this happy, colorful bow in just a moment.

Come back to today and think about your 'INSERT PROJECT HERE' I want you to now transform your 'project' into a beautifully wrapped gift. Choose the most extravagant paper you can vision and wrap it just right. You're now going to tie your big, colorful, happy bow around it. Isn't it just the prettiest gift you've ever seen? I want you to connect, in your mind, that your 'project' is now surrounded by happiness and goodness. I want you to remember that your 'project' is a gift and that any progress you make on it will only lead to more happiness and satisfaction.

Accept completely that you can be happy and successful with your creativity and that you are most definitely on the right path.

Jodi Lebrun

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