

# I spread happiness wherever I go

## **I spread happiness wherever I go.**

How I approach the world each day largely determines the kind of day I have and the quality of interactions I experience. So I make a conscious decision every day to be cheerful. ***I strive to spread joy.***

Since I prefer that people have positive effects on me, I want to do the same for everyone I come into contact with. This means tending to my mood and ensuring that I stay positive.

However, in order to have something to share with others, my own cup must be full. ***So I also tend to my own happiness by engaging in activities that satisfy me.*** This helps elevate my mood and enables my approach to life to be full of joy and enthusiasm.

I strive to uplift others and to be uplifted by those I encounter. Life is just so much more pleasant when I am in the company of happy people. In order to buoy the spirits of others, I am joyful and spread happiness and positive energy among those around me as much as I can.

Today, I promise myself to put all my efforts into spreading happiness wherever I go. I plan to stay on top of my moods so I can consciously share joy and positive feelings.

## **Self-Reflection Questions:**

1. What does my mood say to others?
2. Do I consciously decide to be happy each morning when I first wake up? If not, why not? What is my "typical" mood?
3. How can I ensure that I spread cheer and happiness wherever I go?