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The happiness and joy I feel each day is infectious. I can lift the mood of others with just my presence or a smile. I know that my thoughts, beliefs, and actions inspire others. I affect others by the way I view and live my life.

I have a positive attitude in everything that I do. I enjoy living my life this way, but it also benefits everyone around me.

I serve as an example of how wonderful life can be. When I am enjoying my life, others believe they have permission to enjoy their lives. I lead by example, and others are happy to follow.

I spread sunshine wherever I go.

I make time to give others the attention they deserve. **I treat each person as if they are the most important person in the world.** Everyone has a need to feel relevant. I appreciate others and build them up.

I am enthusiastic about my life. I have so much to look forward to. When I feel excited, others feel the same way.

I pursue my passions and attain my goals. By living my life at the highest level, others believe they can do the same.

Today, I am helping others to appreciate and value life. I am inspiring them to be happy, confident, and positive. I am enjoying my life more than ever before.

Self-Reflection Questions:

1. What am I most excited about in my life right now?
2. Whom do I help to be happier? How do I accomplish that?
3. How can I inspire others even more to have a positive attitude about life?