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They say that happiness is a choice, although is this what I truly believe? I count all the times when life has brought me pain, sorrow, and sadness, and I wonder what that saying really means.

I reflect upon the meaning of happiness.

I reflect upon life's journey and the winding paths in which it takes me. **I see the forks in the road, and recognize that each fork represents a crossroads between two choices.**

I consider what happiness means in my own life: peace in my relationships, low stress in my work life, harmony in my marriage, and financial security to ensure my comfortable living and that of my family.

I realize that achieving happiness comes from making decisions that keep me true to myself.

I give myself permission to make decisions for my own benefit. I give myself permission to do what I want and to care about my own happiness and self-worth.

Today, I recognize the importance of paying attention to my own happiness in life. I understand how my happiness affects those around me. I think about how I want to leave a legacy of happiness, so I choose those forks in the road that lead to my safety, comfort, and benefit.

Self-Reflection Questions:

1. What decisions have I made in the past that have benefited others and not myself?
2. How can I remember to stay true to myself when making tough decisions?
3. What values and goals do I have in my life that make me happy?