

## STOP POSTPONING HAPPINESS, “I WOULD BE HAPPY IF ONLY...”



Helping YOU  
Choose a happier,  
More fulfilling life

“For a long time it had seemed to me that life was about to begin – real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were life.”

~ Alfred D. Souza

*Complete the sentence. You may think of many ways to answer this.*

I would be happy if only . . .

Could you be happy without it?

Would it really make you happy if you got it?

Can you let go of the belief that you need \_\_\_\_\_ to be happy? After all, it is a limitation you put on your ability to be happy. It is a requirement you set up to prevent you from being happy today. Let go of the *if only's* and the *woulda, shoulda, couldas*.