

Here are a few thoughts to bring a little happiness into your day. Take your time to really think about each statement. Give yourself a moment or two to *feel* how they make you feel. Bask in the rays of happiness or however they make you feel as you ponder each individual thought.

Linger a little longer on the *really* good ones if you like!

Go on...Be Wildly Happy®

1. Being in heart stopping, mind blowing, phantasmagorical love.
2. Receiving breakfast in bed.
3. Laughing so hard your face hurts with knicker wetting, belly aching laughter!
4. Getting more than you expected...of anything!
5. Taking a warm bath with candles, music, oils and no time limit!
6. Finding a car park easily exactly where you wanted it.
7. Taking a summer drive on a country road in a convertible.
8. Hearing your favourite song on the radio.
9. Lying in bed listening to the rain as you lay in the arms of someone you love.
10. Being given an unexpected pay rise!
11. Receiving a handwritten letter from a dear friend in the mail.
12. Chocolate milkshake (or vanilla or strawberry)!
13. Chocolate!!!!!!!
14. Coming home to the glorious smells of someone cooking your favourite meal.
15. A baby giggling as it looks into your eyes.
16. A good conversation with a long lost friend!
17. Finding \$50 bucks in your coat from last winter.
18. Watching your favourite movie with friends.
19. Running through sprinklers on a hot summer day.
20. Hearing someone tell you you're beautiful as they look deeply into your eyes.
21. Receiving a surprise gift you adore.
22. Accidentally overhearing someone giving you a compliment.
23. Nestling under the covers as you realise you still have a few hours left to sleep.
24. Swaying romantically in someone's arms to the last dance of the night.

25. Having someone you love play with your hair.
26. Receiving an unexpected cheque in the mail.
27. Being asked out on a date by someone you *secretly* think is hot!
28. Taking a hot shower with no limit.
29. Making eye contact with a cute stranger (*knowing* they acknowledged your smile).
30. Holding hands with someone you love in the cinema.
31. Watching the expression on someone's face as they open a present from you that you *know* they'll love.
32. Watching a beautiful sunset/sunrise.
33. Feeling the grass between your toes
34. Eating lots of ice-cream with chocolate sauce!
35. Knowing somebody misses you.
36. Receiving a warm, snugly hug from someone you love.
37. Knowing you've done the right thing.
38. Having someone automatically do the right thing by you.
39. Dancing freely to your favourite song with no-one to see.
40. Hearing your name called as the prize winner of a raffle.
41. Giving a child exactly what they wanted for Christmas.
42. Knowing you don't have to go to work/school tomorrow.
43. Freshly baked warm bread!
44. A warm bowl of home-made soup on a winter's day!