

Seven Steps To a Happy Kid



1. Observe what you're thinking. Notice that it is your thoughts that make you feel and act happy, or unhappy.
2. Accept reality. ***Reality is just the way it is.*** Even though we can't control reality, we can choose how we think about it.
3. Choose to befriend reality and be happy, or fight it, and become an Unhappy Kid.
4. Choose happier thoughts to replace your unhappy thoughts. Remember unhappy thoughts often lead to negative consequences.
5. Be kind to others. Remember when we mistreat others, we feel bad, and they do too.
6. Own your part. When you learn from your mistakes you are a Happy Kid.
7. Be respectful. Recognize the difference between what's your business and what is not.



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