

## HAPPINESS BOOT CAMP

*THE HAPPINESS BOOT CAMP IS A 30-DAY PROGRAM TO KICKSTART YOUR EMOTIONAL JOURNEY TO JOY, PEACE, AND A POSITIVE VIBRATIONAL SHIFT. I REALIZE IT'S A LOT TO DO AND THAT IT'S CHALLENGING — BUT IF IT WERE EASY IT WOULDN'T BE BOOT CAMP.*

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- 30 DAY FAST FROM ALL NEWS: TV, INTERNET, NEWSPAPERS AND RADIO. THIS IS THE DETOX.
- READ, “ASK AND IT IS GIVEN” BY ESTHER HICKS (OR LISTEN TO AUDIOBOOK) — PARTICULARLY DURING ANY TIME WHEN YOU WOULD ORDINARILY BE READING, LISTENING TO OR WATCHING THE NEWS. TRY SOME OF THE 21 EXERCISES FROM THE BOOK.
- MORNING JOURNAL LISTS: MUST BE DONE DAILY FOR 30 DAYS:
  1. GRATITUDE/APPRECIATION LIST: 10 THINGS A DAY
  2. WHERE I GOT IT RIGHT: LIST AT LEAST 5 FROM PREVIOUS 24 HOURS
  3. WHAT WENT RIGHT: LIST AT LEAST 5 FROM PERVIOUS 24 HOURS
  4. THE DAY I CHOOSE: LIST YOUR INTENTIONS OF HOW YOU CHOOSE TO FEEL TODAY NO MATTER WHAT HAPPENS
- ELIMINATE THE 4 EMOTIONAL CANCERS:
  1. CRITICIZING
  2. COMPETING
  3. COMPARING
  4. COMPLAINING
- USE THE NEUTRALIZERS TO REPLACE THE OLD HABITS:
  1. CRITICIZING BECOMES CREATING WHAT YOU WANT AND LETTING GO OF WHAT OTHERS ARE UP TO.
  2. COMPETING BECOMES COOPERATING OR PARTNERING WITH THE UNIVERSE AND OTHERS.
  3. COMPARING BECOMES CLAIMING YOUR OWN LIFE PATH AND COMPLIMENTING YOURSELF FOR THE WONDERFUL UNIQUE WAY THAT YOU ARE CHOOSING TO LIVE NOW.
  4. COMPLAINING BECOMES CHOOSING HOW YOU WILL RESPOND OR WHAT POSITIVE ACTION YOU WILL TAKE.
- A 20 MINUTE WALK EVERY DAY — OUTSIDE IF POSSIBLE — BRISK IF POSSIBLE
- GET AT LEAST ONE MASSAGE DURING THE 30 DAYS.
- GIVE ONE ANONYMOUS GIFT PER WEEK.
- IF YOU HAVE TROUBLING THOUGHTS YOU CANNOT SHAKE, WHETHER ABOUT OTHERS OR YOURSELF, DO “THE WORK” OF BYRON KATIE ON THEM — [WWW.THEWORK.COM](http://WWW.THEWORK.COM)
- DO AT LEAST WEEKLY LISTS OF THE “POSITIVE ASPECTS” OF 3 PEOPLE CLOSE TO YOU — LIST 10 THINGS EACH, INCLUDING THOSE YOU MAY BE HAVING PROBLEMS WITH.
- WHEN ANYTHING THREATENS YOUR PEACE, REMEMBER THIS: THE QUESTION IS NOT “WHY DID THIS HAPPEN?” THE BETTER QUESTION IS, “WHAT WILL I MAKE OF THIS NOW THAT IT HAS HAPPENED?” TAKE BACK YOUR POWER TO PERCEIVE RATHER THAN JUST REACTING TO STIMULUS.

by Jacob Glass  
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