



ABUNDANTLY HAPPY BREAKTHROUGH CHALLENGE



DAY 1: Happiness is Innate

Happiness is innate. Suffering requires _____.

You are a spirit having human experiences.

Who you are not: your thoughts, your emotions, your actions, your results, your _____, your _____.

HOMWORK

- **In what areas of your life do you want to stop suffering?**

- **What are they costing you and others?**

- **Give yourself amnesia. What do you want those areas to transform into?**

DAY 2: Happy during Turmoil

What you don't want to feel holds you back from reaching your dreams!

Emotions are actually _____ from the Universe!

Love yourself unconditionally.

HOMWORK

- **What emotional burden do you want to release?**

- **What are the benefits of setting yourself free?**

DAY 3: Happiness from Growth



Who you are is perfect.

How you show up is _____.

Love your life completely.

HOMWORK

- **What situations do you want to handle with strength?**

- **What being are you in to create that?**

DAY 4: Abundantly Happy Life

Happiness leads to success.

Happiness is an _____ game!

Live in gratitude, peace, love, _____.

HOMWORK

- **What dreams do you want to realize?**

- **Why are they important to you?**

- **What breakthrough are you committed to make?**