

Practicing Hope & Joy

Easy Happy Thoughts

This simple activity will provide you with a tool you can use as a shortcut when you need a boost in mood and to re-direct your thoughts toward something that feels good. Make a list of 5 to 10 objects, locations or situations that, when you think about them, you EASILY feel the stirrings of happy, appreciative or excited emotions. These can be anything a cute fluffy animal to a beautiful beach sunset or from fishing on a boat in the water to hiking a mountain top. They can be vivid memories or complete imaginary scenes. They can be a mind movie or a still image, but it's helpful to have a visual. The most important key is that when you think about it, you must feel a strong positive emotion.

Once you've created this list, put it on a post-it-note, keep the list by your bedside or in your wallet, or make a note in your phone (or memorize it!). Refer to this list any time you want to boost your mood.

Happy Thought: What are you thinking about?	Vision: What does it look like?	Emotion: How do you feel?
1.)		
2.)		
3.)		
4.)		
5.)		
6.)		
7.)		
8.)		
9.)		
10.)		

The Wheel of Hope

Hope is all about crossing the threshold from “believing something is NOT possible” to “believing something IS possible.” One way you can get yourself to feel hopeful that what you want IS possible is to get yourself to feel the EMOTION that what you want is possible... you talk yourself into feeling it now!

The following activity is a Wheel of Hope (which is an adaptation of a “focus wheel”). *You could use this process to elicit any other desired positive emotion as well.*

- Start by determining a subject you want to feel HOPE about. If you’re feeling uncertain or doubtful (such as “I’m afraid I won’t get this job”) ask yourself what is it’s OPPOSITE? What do you WANT? In this case, what is the outcome you hope for? This new statement is the hope statement you’re reaching for. (“I am confident I’ll get this job OR something better!”)
- Take out a piece of paper and draw a circle in the center. Write this statement in the circle.
- Then, imagine this circle is the center of a clock. You will be writing additional statements in locations, like the different hours around the clock. There do NOT have to be 12 statements, however make at least 8.
- Around the circle, write additional phrases that feel more and more hopeful
- Start with phrases about the subject that you already BELIEVE—evidence—that make you feel a little bit better (closer to hopeful).
- Then, add in phrases you can think of about ANYTHING (even if it has NOTHING to do with the subject you’re focusing on) that elicits the feeling of hope.

By the end of this process, you should be feeling hopeful. The goal is to be able to think about the original subject and feel hopeful about it, but If you find that you cannot stay in this feeling of hope while thinking about the original subject, simply focus on the feeling of hopefulness and enjoy it.

One final thought...

Try this idea on—see how you feel about it.

What if the reason you feel bad is because in that moment you are not focusing on the TRUTH. What if the REAL you—your inner being, spirit, soul, whatever you want to call it—is always looking at you and your life situation:

- With 100% acceptance of what is.
- With only love and appreciation for you.
- Seeing your full worthiness and that you deserve happiness and abundance.
- Knowing life is always working out for you, even if it appears otherwise.
- Knowing that your dreams are already coming together, even if you cannot see it yet.

What if THIS is your truth... and the reason you feel bad sometimes is because you have forgotten it.

What if the worse you feel means the farther away from the truth you are. That space between the little you and the big you is what causes your pain.

What if the next time you felt yourself feeling uncertain, anxious or afraid, you remembered this. What if you thought “if I am feeling this terrible, it must mean that what I am thinking about and believing in this moment is FAR away from the truth. And, if that is the case, what is the truth? What is my TRUE self believing about this at this moment?”

If you can determine the answer to this question—and see your situation the way your higher self sees the situation—you’ll free yourself from the pain of focusing in opposition to your own truth.

See “Unconditional Desires”