

100 SENTENCES to a happier day

by Ana Flávia Miziara

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Are you happy?
Is life smiling to you today?

Remember that happiness
is the abundance of life and mind.

Life is energy.
Vibrate positively.

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Thank every day for the positive energies that are around you.

Make your gratitude your daily prayer.
Be thankful for today.

Think of something you can do today to make somebody happy.

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Think of something you can do
today to help a person.

Create your “Well Current”.

Remember: you can always
give a smile to someone.

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You can use your voice to speak wise
and sweet words, of comfort,
of encouragement and of hope.

You have in your hands the power
to offer something to someone
that is constructive and positive.

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You have any kind of knowledge
that can help others
who are in conflict or doubt.

The important thing is not "what"
and "even how" or even "when",
but the donation.

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The donation of your heart.

The donation of your time.

Remember:
the life is smiling for you always.

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Keep the negative vibes out of your life.

You have a talent. Use it!

Spread your positive energy.

Spread your love.

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In order to have your thoughts
in peace, your attitudes have
to be coherent with your life.

Your mind, your body
and your environment
need to be in line
with your thoughts.

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Exchange positive energy with others.

**Always have faith in yourself
and a trusty heart.**

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Fight for your truth.

Fight for what you believe.

Fight for love.

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Believe in yourself!

Do not demand too much of yourself.

**You are able to achieve
anything you want.**

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Take care of yourself!

Be gentle with yourself.

**Start again every day with yourself
until you are better and better.**

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Adapt yourself to situations
with tranquility.

Remember: we are all equal.

Pay attention to yourself!

Listen one music. Sing a song.

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Do not be afraid to see
the truth about yourself.

Be simple and sincere.

Simplicity is elegance.

Sincerity must be genuine.

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Sincerity must be gentle.

Whatever is to be your fate, face it.

You owe it to yourself: be yourself.

You are free to create
the best to yourself.

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Feel proud of yourself.

Wisdom is inside you.

You deserve the best in life.

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The power of gratitude
and forgiveness is monumental.

He who knows how to be grateful and
forgiving allows the light in his heart.

Gratitude and forgiveness are
energies from splendorous powers.

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Forgive yourself and other people.

**Accept life, turning it
into something better for you.**

**Learn how to find
happiness in the details.**

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Try to remember how beautiful
your life is and how much it
still has to offer you.

The universe is rich and abundant:
there's plenty for everybody,
in all moments of life.

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**You have everything you need
to live happy and satisfied.**

**Try to take the responsibility
to offer your participation
in the creation of a better world.**

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The great healing power that man
has in his hands is the happiness.

Life is beautiful.
Live with pleasure.

Live in a way to enjoy and
admire yourself more and more.

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Every person deserves love.

Be kind and loving
to people and to yourself.

Love is everything.

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Wake up what's best in people.

Encourage.

Give support.

Learn how to give back to people
who have always helped you.

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Beauty is not simply something to behold; it's something one could do.

There is no vaccine,
no antibiotic for negligence.

Say "no" for indifference, for
negligence, for hate, for falsity,
for omission and accommodation.

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Say "yes" to the love, beauty,
peace, friendship, charity,
compassion, wisdom,
tenderness, respect.

Say "yes" to gentleness, benevolence,
goodness, kindness, humanity,
elegance, courtesy, suavity,
consideration.

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Remember...

Positive attitudes are contagious!

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