

GRATITUDE, PRESENCE, CONNECTION, SAFETY, CELEBRATION

INQUIRY QUESTIONS TO ENJOY HAPPY EMOTIONS




PURPOSE FOR HAPPY/CONTENT EMOTIONS

- Reveals you feel genuinely connected with yourself, your sense of purpose and values, or with others
- Allows you to relax and feel safe and tells your mind you're safe (it works both ways)
- Offers fulfillment, connection and love and invigoration
- Fastest way to feel happy/content is to feel gratitude in the moment, even gratitude towards painful emotions or your own sadness as this allows for healing and unconditional self-love in the moment

INQUIRY QUESTIONS AND HAPPY ACTIVATING ACTIONS

- Be grateful and allow it to shine and flow
- Do not try to cage your happy feelings! Allow them to be and be grateful for this as this will encourage happy feelings to stick around longer
- Be open to feel all emotions equally as this allows for more content
- What am I feeling right now?
- What am I grateful for right now?
- Joy occurs spontaneously, in the moment. It's a lot like light, in that it travels effortlessly. It just needs space to shine through and we can allow for more moments of joy by being present and grateful



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**Sometimes
your joy is the
source of your
smile, but
sometimes
your smile can
be the source
of your joy.**

-
Thích Nhất Hạnh