



10 Tips to Live Your Happiest Life

Discover your Power and Recreate your Life

1. *Shine your light by loving yourself and others*

- Focus on the light that radiates from your heart
- Live from your heart with each decision you make
- Acknowledge how awesome and powerful you are
- Stop comparing yourself to others, you are unique

2. *Keep a sense of calm in the midst of chaos*

- Be present, and allow yourself to regain your peace, leaving the chaos behind
- Quiet the mind chatter, take 3 deep breaths to clear it and refocus

*Never stop dreaming and
believing in what you can achieve*

3. *Find peace and harmony*

- Do things that feel good for you without feeling guilt or shame
- Set boundaries and nurture only the relationships that bring you happiness
- Surround yourself with Positive Polly's and avoid Negative Nancy's

4. *Have amazing relationships*

- Learn to accept people in your life for exactly who they are
- Express gratitude for them and tell them how much they are valued
- Make conscious choices on who deserves to be in your life

5. *Feel successful in everything you do*

- Access your inner strength and build your self confidence
- Celebrate all your wins, no matter how small

6. *Access the innate wisdom and knowledge*

- Get quiet and listen to the voice within, you might like what you hear
- Learn to access your higher power because you already have all the answers

7. *Feel relief from guilt*

- Be mindful of your thoughts
- Remember whose happiness you're responsible for
- Only you can make yourself happy
- Forgive yourself
- Let go of anything that doesn't bring your joy

8. *Maintain a balanced life*

- Release emotional blocks that keep you out of balance
- Do activities that feed your mind, body and soul
- Read a book, listen to a story, have coffee with a friend, spend time at the beach, eat good food....

9. *Free yourself from criticism, negativity, and anxiety*

- Discover your authentic self by keeping true to your values
- Gain clarity on your strengths
- Realize the GIFT that you are when you stand in your power

"Happiness is not something ready-made.

It comes from your own actions"

- Dalai Lama

10. Find passion and purpose in your life

- Design a blueprint for your life to have everything you truly desire
- Get clear on your dreams and do what makes you smile
- Remove any obstacles that stand in your way
- Create a team who can help you SOAR into your new reality

Remember.....You Are Awesome!

Thank you for requesting this PDF with tips to Live a Happier Life!

I am inspired by the simple idea that everyone is capable of living a life filled with happiness, health and the ability to thrive.

My Mission: To teach my clients to let go of the **PAST**, step into the **PRESENT**, so they can create the **FUTURE** they DESIRE

I hope you enjoyed this.



*Blessings,
Cristi Alonso*

