

11 Universal Keys for Having a Fun and Joyful Existence

downloaded by Stacey Mayo

Instructions: This bonus is energized with joy and fun. Read through this fully one time. Then choose 3 of these to do each day. You can choose different ones each day depending on what feels right that day.

1. Put your hands in receiving position with your palms up. Say the following:
I have fun no matter what.
Life is fun.
Life is joyful.
I love life.

Intend to receive the energy of that statement and you will. Say these statements 2-x day for 2 weeks to reinforce them.

2. Create a playbook out of a scrapbook or notebook of some kind. Put in it pictures of those things that are fun to you.
3. Let go and surrender when life seems tough and ask to be shown the lighter side of the situation.
4. Schedule a time each day to do something fun. This could be something in your playbook or just what feels good in the moment.
5. Let go and let God several times a day.
6. Develop your sense of humor. Start to laugh at yourself when you make a boo-boo, or drop something or are clumsy. Laugh at situations that take your for surprise. Laugh at life. Life is fun when you don't take it so seriously.
7. Plan fun dates. These are dates set specifically to go do one of the bigger things in your playbook
8. Learn to stop and listen to the music. I am referring to the music of live. It is a symphony to be enjoyed immensely. It is also good to listen to uplifting recorded music.
9. Laugh at life. Life is meant to be fun. When things seem to go awry, know that there is always a blessing in it.
10. Choose a piece of art or an object that represents fun or joy and ask Source to energize it with Fun and Joy. Take time to be with it each day.
11. Enjoy your life to the fullest. Open your palms and receive the following:

I enjoy life to the fullest each and every moment of the day.

Repeat this affirmation 2 x a day for 2 weeks to reinforce it.

For more information on living out your dreams with fun, joy and abundance visit, www.thesentelligentsolution.com and <http://www.balancedliving.com>