

The Simpler Happier Life

<input type="checkbox"/>	I notice what's right in my life, not what's wrong in it
<input type="checkbox"/>	I find things to be grateful for daily
<input type="checkbox"/>	I spend time with my friends
<input type="checkbox"/>	I am kind and compassionate
<input type="checkbox"/>	I savor every moment
<input type="checkbox"/>	I get enough rest every night
<input type="checkbox"/>	I exercise every day
<input type="checkbox"/>	I go after my goals
<input type="checkbox"/>	I know or am seeking my calling
<input type="checkbox"/>	I play to my strengths
<input type="checkbox"/>	I don't overdo it
<input type="checkbox"/>	I ask for help when I need it
<input type="checkbox"/>	I believe I am worthy
<input type="checkbox"/>	I take 100% responsibility for what I can control
<input type="checkbox"/>	I spend time with God daily
<input type="checkbox"/>	I journal daily
<input type="checkbox"/>	I keep lists and check items off
<input type="checkbox"/>	I am committed to resolving conflicts in my marriage
<input type="checkbox"/>	I make sure to eat healthy foods daily
<input type="checkbox"/>	I drink 8-10 glass of water daily
<input type="checkbox"/>	I live within my means
<input type="checkbox"/>	I have stopped doing what isn't working in my life
<input type="checkbox"/>	I listen to my body and slow down when I need to
<input type="checkbox"/>	I complete at least 1 item on my "to-do" list daily
<input type="checkbox"/>	I bless at least one person per day
<input type="checkbox"/>	I truly listen when others are speaking to me
<input type="checkbox"/>	I give myself grace and mercy
<input type="checkbox"/>	I have learned to say "no"
<input type="checkbox"/>	I live in a de-cluttered home
<input type="checkbox"/>	I pay all my bills on time
<input type="checkbox"/>	I enjoy being alone
<input type="checkbox"/>	I am honest with my spouse about my true feelings
<input type="checkbox"/>	I make my spouse a top priority every day
<input type="checkbox"/>	I accept that I can only control myself
<input type="checkbox"/>	I don't worry about things I cannot control
<input type="checkbox"/>	I practice having faith in God every day
<input type="checkbox"/>	I am flexible and don't stress over situations
<input type="checkbox"/>	My top 4 boundaries are never crossed
<input type="checkbox"/>	I have free time daily
<input type="checkbox"/>	I have let go of the past
<input type="checkbox"/>	I am never late to appointments