

Love Relationship Happiness 1 Exercises

This exercise is for your learning only. You do not need to submit it to anyone for review. We are directing you to look at specific behaviors and programs in order to engage in relationships, love and happiness in new ways. So take the time to be honest with yourself to uncover what is within you that wants to change.

Exercise #1: Your limiting beliefs about loving and happy people

1. What in your world is preventing your love and happiness?
2. What is causing your suffering?
3. What has to happen before you are loved and happy?
4. Who do you blame for your unhappiness?
5. List 5 things that make you feel loved and happy.
(ex. gardening, meditating, lunch with friends)

Install new love and happiness programs

Form 3-5 Commands of what you want instead of what you have now.

Have a friend take you through the 6-step process and make your Commands.

Change roles and do the same for them.

If you don't have a friend to work with, you can record the Commands and then listen to them as you go through the 6-step process.

Recognizing the changes

Take a moment and write down 3 things you notice that are different now that you've created real change within yourself.

- 1.
- 2.
- 3.

Exercise #2: Your Magic Wand of Happiness

Create 10 sticky notes with words of love and happiness.

Wave your imaginary magic wand over the notes to imbue them with love and happiness.

Put your sticky notes in 10 different places, saying the words first and then sticking the note.

Feel free to laugh, hug and wave your magic wand. Wave your magic wand anytime you catch yourself seeing your note.

***Note:** Find something to serve as a magic wand. If you can't find one at a store, a simple stick will do the trick. Or a straw. Use your imagination and have fun with this exercise!