

The Happiness Bubble

Your safe, quiet space to nurture your big, bold, beautiful goals and dreams.



◆ WHAT YOU NEED TO KNOW ◆

- ◆ Happiness is **the ultimate goal** — whatever that means to you.
- ◆ Your Happiness Bubble is your safe, quiet, happy space for visioning, day-dreaming, and laser-focusing on nurturing your big, bold, beautiful goals & dreams.
- ◆ It's **yours to create** — anywhere, anytime.
- ◆ **Clear the way first:** write what's holding you back on one side of a page, and how you'd like it to be on the other. The – Results → + Results exercise.
- ◆ Tear the page in half. Destroy the negative half. Keep the positive half — that is all you need to focus on.
- ◆ **Practice:** close your eyes, step into your Happiness Bubble, and see yourself already there. Stay there for two minutes, living your dreams as if already done.
- ◆ No one else can see your dream but you — every great advance in history started as someone's private dream. Starting with the 'seed' of an idea.



Wallace Wattles: 'It's not about doing certain things... It's about doing things in a Certain Way.'

Sheila Love IMPACT-ology Mastermind

SHEILA LOVE — WHERE EVERYTHING IS POSSIBLE