Content - Law of Attraction

24.

SUBJECT: Why you aren’t happy….

Have you figured out why you’re not happy? I have.

Some people spend their entire lives looking at others and estimating their own happiness as somehow less. And there’s the trouble.

When you think you aren’t happy, you do not think like a happy person. Your brain gets trapped in a perpetuating state of unhappiness.

“I’m supposed to think like a happy person when I’m not happy?” you ask? Yes!

Developing a happy mindset has to do with gratitude. Focus on the things in your life that bring you happiness. Even if you have to start with the simple fact that you have clothes to wear and food to eat. Be grateful.

When you are grateful for the little things, the Universe notices. The Law of Attraction will feel the power of that gratitude and begin to respond by giving you more.