

It is my job to make me happy.

My happiness is my responsibility.

Happiness is not a state to arrive at.  
It is a manner of travel.

Feelings are not caused by anyone else.

No one can make me feel bad unless  
I give him or her the power.

Feel the feelings. Stop acting on them.

Others are okay the way they are.

I am exactly where I am supposed to be.

I cannot change anyone just me.  
So if I want my life to change  
Then I must make the choice and do it.