

THROUGH MY EXAMPLE, I BRING JOY TO OTHERS

Bringing joy to others makes me happy. I choose to be joyous and work to set a good example for others. People need more positive examples in life, and I want to be one of those examples. I know I make a difference in the lives of others.

I avoid getting discouraged because I know that nobody is perfect. I make mistakes, but it's all right because I am human. When I falter in being the best example I can be, I simply refocus my efforts.

I enjoy modeling good habits and positive actions for other people. I can see that my example makes them happy. Others appreciate the effort that I make to be a good person.

To set a good example, I stay positive. I avoid negative thinking. Beauty and joy are all around me and by paying attention to this splendor, I always have something to be positive about. My inner joy radiates out to others and enables me to be both happy and helpful.

My desire to set a good example is always with me. I have an important purpose in life because I am a good role model to others.

Today, I set a good example that brings abundant joy to those around me.

REFLECTION QUESTIONS

1

How can I model positivity and good habits for those around me?

2

What actions can I take to bring joy and positivity to others?

3

How can I stay positive and resilient, even when faced with challenges?