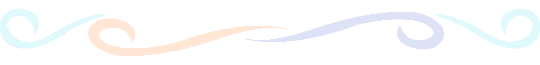
**Happiness Comes from within**



Use this worksheet to discover what you love most about yourself. What makes you happy and in control. What helps you let go of expectations of others.

I feel most in control when:

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What I value most about myself is:

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I show love for myself by:

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I can change the way I'm feeling in any moment by:

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Ways I can release my emotions:

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What I love most about myself:

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I feel the most happiness when:

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I can be more at peace with myself by:

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To be happier, I need to let go of:

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Ways I can spice up my life:

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Ways I can relax and focus on me:

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Why I need to let go of my expectations:

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Ways I can let go of expectations:

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