

## MODULE #2: HOW TO GIVE YOURSELF PERMISSION TO BE HAPPY

I was interviewing Forbes Riley on her definition of happiness and how the power of manifestation has contributed to her massive success. She told me that the reason for her success is by going after whatever she wanted and ***never asking anybody for permission to do anything***. Now, that is powerful.

What about you? Do you seek other people's approval and blessing before you make any decisions? Now, I'm not talking about 'discussing' things with your spouse or partner. I'm talking about you wanting to say, "yes" to something, but someone else tells you, "no." So, you don't do something based on what someone else's opinion is, which leaves you feeling bad.

No one is going to give you permission to live your life! You need to grant it to yourself! Here are the 3 Keys to Giving Yourself Permission to Live a Happy Life!

---

**KEY #1: DO NOT LISTEN TO OTHERS' OPINION...THEY DON'T WALK IN YOUR SHOES!**

---

Whatever the decision is...to marry someone, to change jobs, to have children, to leave a relationship, to go back to school, to convert religions, to quit something...YOU are the one that decides. This is YOUR life! Therefore, the opinions of others come from *their* perspective, not yours. It's not their fault...they only know what *they* know. They can't truly know what will make YOU happy.

The only opinion I ever listen to is from someone who has done exactly what I want to do and has paved the way and learned the lessons. As Greg Reid has stated, "*Successful people seek counsel, where the failures listen to opinion.*" If someone hasn't done what you want to do, then their opinion is based on ignorance. Why would you need to seek their permission or approval to do something they haven't done?

**EXERCISE: WRITE DOWN THE ANSWER TO THIS QUESTION:**

**"WHOSE INFLUENCE AM I ALLOWING TO AFFECT THE DECISIONS I MAKE THAT LEAD TO MY UNHAPPINESS?"**

---

(Note: This doesn't make the other person wrong. "Opinion" comes from one of two places...concern/worry or the person's own insecurity. Your role in this life is to be HAPPY! It's

## THE HAPPINESS FORMULA – Transformation Program

the role of everyone else to do the same for themselves. Listen to those who've been there, and let the rest of the "opinions" go in one ear and out the other.)

---

*KEY #2: STOP SAYING, "I SHOULD HAVE!"*

---

"Shoulda, coulda, woulda" is probably one of the worst expressions ever uttered. Nobody ever wants to feel like that! Regrets will leave you feeling very unhappy! Remember this...**THERE ARE NO MISTAKES...THERE ARE ONLY "LESSONS ALONG THE WAY!"**

**EXERCISE: THINK ABOUT AND WRITE DOWN THE TIMES WHEN YOU NOTICED YOURSELF THINKING AND SAYING, "I SHOULD HAVE..."**

**THEN, REPLACE THAT STATEMENT WITH, "THERE ARE NO MISTAKES, ONLY LESSONS ALONG THE WAY. I AM GRATEFUL FOR THOSE LESSONS BECAUSE THEY MADE ME SMARTER, STRONGER, AND BETTER!"**

**(This statement grants you permission to feel better, which creates more happiness!!!)**

---

*KEY #3: DEVELOP STRONG DECISION-MAKING SKILLS TO HELP BUILD YOUR CONFIDENCE.*

---

Strong decision-making skills will bring you more of what you want in life **FASTER** than anything else! But, it takes confidence to be decisive. When you procrastinate, or go back and forth on decisions, it's a sign of low self-confidence, and that never feels good! That takes away from feeling **HAPPY!** Here's the key...nothing and no one is perfect! We are not supposed to be! **The only way to learn is to try and do.** The more you try and do, the more you learn, then the better your decision-making skills become, which leads into greater levels of self-confidence! And, that leads to getting you more of what you want...which creates greater levels of **HAPPINESS!** Is this all coming together for you yet? I hope so! Soon, you won't even consider asking another person for permission to do anything. You'll get so good at it!

Give yourself permission to live your life on your terms. Only you know what makes you happy. Go for it...permission granted!

**EXERCISE: START AFFIRMING, "WHY IS IT SO EASY FOR ME TO MAKE DECISIONS?"**

Say this **every day, multiple times per day**, and you **WILL** become a Happier, Powerful Decision-Maker!