



*another
day
in paradise*

Transformations Accountable Life Coaching

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Happiness is a choice. Misery is a choice. I get to choose my experience.

Happiness/Light

- Love**—affection, devotion, a deep and enduring emotional regard
- Rejoicing (praise)**—feeling or expression of joy; expressing admiration, worship
- Thankfulness**—feeling or expressing gratitude; appreciative
- Joy**—emotion of happiness caused by something exceptionally good
- Faith**—belief in something not based on proof; belief in God or a religion
- Forgiveness**—the act of forgiving, or letting go of anger or hard feelings
- Patience (long suffering)**—able to bear any affliction without complaint
- Humility (meekness)**—being humble, or not proud or arrogant; modest
- Harmony**—agreement; accord; harmonious relations; tranquility
- Unity**—oneness of mind, feeling, among a number of persons; agreement
- Peace**—a state of mutual harmony between people or groups; order; security
- Temperance**—moderation or self-restraint in action; self-control
- Goodness**—moral excellence; virtue; kindly feeling; generous
- Gentleness**—being docile; delicate; moderate; amiable; chivalrous
- Kindness**—being sympathetic or helpful; affectionate; loving
- Charity**—generosity and helpfulness, especially toward the needy or suffering; loving
- Optimism**—to look for the best in people or things; anticipate the best outcome
- Self-Confidence**—to believe in one's powers and abilities

Misery/Darkness

- Hate**—extreme dislike or disgust; intense hostility and aversion
- Faultfinding (criticizing)**—to find fault with; point out the faults of
- Envy**—a feeling of discontent or covetousness towards another's success, possessions
- Depression**—feeling sad and gloomy, dejected; downcast
- Disbelief (doubt)**—inability or refusal to believe or to accept something as true
- Vengeance**—infliction of injury, harm, etc. on a person in retaliation for an offense
- Discouragement**—a state of disheartenment; lacking courage or confidence
- Pride**—a high or inordinate opinion of one's own dignity, importance, or superiority
- Discord (quarrel)**—a lack of harmony between persons; disagreement; dispute
- Division**—being divided, separated; separation by difference of opinion or feeling
- Contention (argument)**—struggling together in opposition; strife; dispute
- Self-indulgence**—indulging one's own desires, passions, especially without restraint
- Evildoing**—acting morally wrong or bad; immoral; wicked; harmful
- Anger**—a strong feeling of displeasure and usually of antagonism
- Backbiting**—to say mean or spiteful things about a person (often not present)
- Selfishness**—being excessively or exclusively concerned with oneself, not others
- Fear (worry, anxiety)**—to expect the worst; feel apprehensive or uneasy or anxious
- Self-doubt**—lack of confidence in the reliability of one's own motives, or in oneself