This course doesn’t involve a lot of time but it does involve a decision to be happier. Within that decision lies your choice to live life as it has always been or to change your life, becoming happier.

Every day you have the choice to redirect your thoughts, changing how you experience life. You have the power to change your life, one moment at a time. Have fun with this process!

Suggestions for Success:

1. **Watch the short videos.** They will explain the ideas and Magical Mind Games. Each video will suggest an action step to help you integrate these ideas into your life.

2. **Do the action steps.** Modify them as needed. You can understand the concepts but without action, nothing will change. The action steps are simple. Make the choice to do them.

3. **Read and complete the worksheets.** These will give you a deeper understanding as you progress on your self-discovery journey. The simplest ideas create the most profound results. You can complete most of the worksheets on your computer with Adobe Reader or print and complete them by hand.

4. **Go through the course in order.** The modules and exercises build on the previous information.

5. **You may want to take some notes as you watch the videos.** Each module has a Magical Mind Game (MMG) summary page which gives a description of the MMGs and lists action steps and power statements. On the summary page of Modules 3 and 4, there are also suggestions as to when you might want to use a specific MMG. The summary pages do not include an overview of the video.

6. **Experiment with the Magical Mind Games.** Depending on your personal situations at this time, certain MMGs may interest you more than others. Whichever one(s) you connect with, use them for as long as it feels right. At a later time, others may feel right.

The Magical Mind Games are a resource for you to use when you have a problem. You might decide to focus on one for a week or a month! When that shift truly becomes a part of you, you’ll be drawn to another. A happier life is created one step at a time.

7. **Use the Power Statements.** They will reconnect you to your Inner Magic, your inner power. They will help you stay focused on the internal shifts you’re wanting to create. As in using the MMGs, certain ones may interest you more. Use what feels right.