

HAPPINESS RECIPE CARDS



Don't wait for "I'm sorry!"

You can spend a lifetime waiting for someone to say "I'm sorry." And if and when those words finally come, what have you gained?

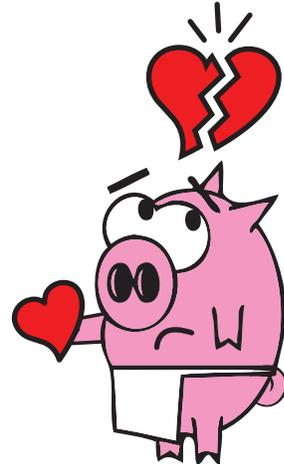
When wronged, the natural response is either anger or sadness. Too often, we want to make the other person feel the same way they made us feel, or worse. We justify this by saying "We are going to teach them a lesson!" With this, nothing is gained.

Instead, learn to control your emotions (it takes time). First, forgive them in your heart, then determine how you want to move on. Don't let someone else be in control of your emotions or your life.

- If you want to continue a relationship, explain how they made you feel and ask them to understand. You will soon find out if they want to continue a relationship with you.
- If you don't want to continue a relationship, just walk away. Surround yourself with people who support you.

Life is too short to spend it on the futile task of trying to "fix" those who don't want to be fixed. Don't wait, start being happy again TODAY!

www.MasterHappiness.com



Secret Ingredient:

It's more important to "Forgive and Move On" than to wait for an "I'm Sorry" that may never come.

Clip and Save for Yourself

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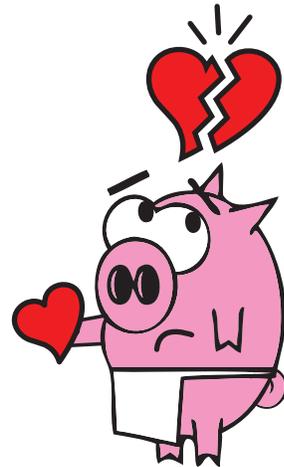
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Clip and Give to Someone Else