

THE SECRET TO HAPPINESS

The FourAs

- Ask:
 1. What is Your Now Feeling? (one word)
 2. Tap Into It. (describe it)
 3. Allow It. (lean into it)

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- **Access:**

1. Find the Sentence Causing it.

2. Separate the Story from the Facts.

- **Activate:**

1. Create A New & True Thought.

2. Practice Thinking it.

- **Acceptance:**