Purpose Fairy's 21-Day Happiness Challenge
“Why look outside yourself for something that is already within you? Love yourself with all your heart, for who you are and for who you are not. Be good to yourself and the whole world will be good to you also.”
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Why 21 Days

Research shows that it takes 21 days to develop a habit. That’s 21 days of doing something that can contribute to your health, wealth, happiness and wellbeing. And that’s the exactly what this little book is going to do for you.

By committing to practicing all the 21 things that I share with you not only will you build the habit of happiness, but you will also become more disciplined and you will focus on building other new positive habits in different areas of your life.

If you tell your mind that you want to try something for 21 days it will most likely be willing to co-operate. 21 days doesn’t feel like a very long time. After you have completed your 21 days, your conscious mind will have the choice of stopping or carrying on with these healthy and positive practices… or at least that’s what it thinks. Your neural pathways have been formed already and chances are that you will continue with the new healthy habits. You have seen the benefits along the way and your unconscious mind will want to continue if it has been beneficial.
Happiness, just like everything else in life, takes time, takes practice and takes work but the rewards are endless. And once you truly commit to crafting your life in a way that will make you happy, nothing and no one will be able to stand in your way.

P. S. Before you begin your challenge, make sure print out your **21 Day Calendar** (pg.6). Put it somewhere where you can see it. As you complete each day, cross it off from the calendar.

Another thing for you to print is the **Happiness Commitment** (pg.53). Once you are done with your 21-Day Challenge, if you are serious about making the rest of your life your happiest life, make sure you print it out. Put your name on it, sign it and frame it somewhere where you can see it at all times. If it’s out of sight it will be out of mind.

Here’s to a Happy Life!

With all my love,
21- Day Calendar
Day 1: Practice Forgiveness

“Forgiveness is the most powerful thing that you can do for your physiology and your spirituality. Yet, it remains one of the least attractive things to us, largely because our egos rule so unequivocally. To forgive is somehow associated with saying that it is all right, that we accept the evil deed. But this is not forgiveness. Forgiveness means that you fill yourself with love and you radiate that love outward and refuse to hang onto the venom or hatred that was engendered by the behaviors that caused the wounds.” ~ Wayne Dyer

People will lie to you, they will use, mistreat and abuse you, but that doesn’t mean you should continue their work by holding on to poisonous thoughts. On this day, think of all the people that mistreated you, think of all the hurtful things that were done to you by others, all the hurtful things that you might have done to others and think of all the hurtful things you might have done to yourself. Think of all the painful experiences you were exposed to in the past and practice forgiveness towards
them all. On this day, commit yourself to forgiving everything and everyone and allow yourself to feel the peace that comes from doing just that.

Don’t let your mind bully you into thinking that forgiveness is an act of weakness, far from that. Always remember that you forgive not because you are weak, not because you are naive, not because you don’t want to be hurt again, but because you are strong enough to understand that the more you hold on to grudges and resentments the more you pollute your mind, your heart and your life.

The moment you say to yourself: It’s time to forgive! It’s time to forgive all of them and it’s time to forgive myself for not allowing peace to enter my life earlier, that will be the moment your whole life will change.

Peace of mind is what you find the moment you let go of any grudges you are holding on to, any resentments and any remorse. That is exactly what you will tune into the moment you let go of any thoughts of anger and resentment. Forgive, release and let go. Allow love to govern your mind, your heart and your life. Allow peace to come to surface once again. Fill your heart
with love and grace. Let go of bitterness and resentment but never of love and forgiveness.

Forgiveness is such a powerful thing, for it can heal your heart, making room for love to enter, allowing you to reconnect with your loving soul and lovable Self, allowing you to go back to your real and authentic Self and to re-connect with those you love at a deeper level.
Day 2: Release and Let Go

Happiness is nothing more than a balance between holding on and letting go. In order for you to be really happy all you have to do is let go of the things that make you unhappy and hold on to those things that make you happy. It’s that simple and yet that complicated...

We hold on to so many things that cause us a great deal of stress and unhappiness and instead of letting them go we cling on to them. For some strange reason we believe that our happiness comes from holding on to toxic thoughts, things, people and past experiences when in fact it comes from letting go of them.

If we could only find the wisdom and inner strength to allow things to come and go without any resistance on our part, and if we could learn to go with the flow of life and no longer against it, our lives would get so much easier. We would all become a lot happier and at peace with ourselves and the world around us.
On this day (only today, tomorrow you can go back to whatever it is you're holding on to so tightly), let go of all the things that are toxic to you, whether it’s pointless drama, toxic thoughts and behaviors. Let them all go. Let go of the need to chase success and money, let go of the need to chase people's approval, let go of resentment, let go of the need to blame outside forces for whatever is happening to you right now and just allow everything to be exactly as it is.

Your life has an expiration date and so does mine. None of us is going to live forever and none of this will matter in the end. Laugh in the face of chaos. Stress less, live more. Detach from all the drama that your mind is constantly trying to create and just be happy.

“To let go does not mean to stop caring, it means I can’t do it for someone else.

To let go is not to cut myself off, it’s the realization I can’t control another.

To let go is not to enable, but allow learning from natural consequences.
To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to try to change or blame another, it’s to make the most of myself.

To let go is not to care for, but to care about.

To let go is not to fix, but to be supportive.

To let go is not to judge, but to allow another to be a human being.

To let go is not to be in the middle arranging all the outcomes, but to allow others to affect their destinies.

To let go is not to be protective, it’s to permit another to face reality.

To let go is not to deny, but to accept.

To let go is not to nag, scold or argue, but instead to search out my own shortcomings and correct them.

To let go is not to adjust everything to my desires, but to take each day as it comes and cherish myself in it.

To let go is not to criticize or regulate anybody, but to try to become what I dream I can be.
To let go is not to regret the past, but to grow and live for the future.

To let go is to fear less and LOVE more.

Remember: the time to love is short.” ~ Author Unknown
Day 3: Practice Self Love and Self Acceptance

“To love yourself right now, just as you are, is to give yourself heaven. Don’t wait until you die. If you wait, you die now. If you love, you live now.” ~Alan Cohen

Let me ask you something. If you had a friend who spoke to you in the same way that you sometimes speak to yourself, would you still be friends with that person? I doubt that.

When you fly on an airplane the flight attendant instructs you to put your oxygen mask on first before helping others. Why? Because the flight attendant knows that you can’t save anyone’s life if you yourself are running out of air. The same goes with love. You can’t give away what you don’t have. By loving yourself more and more each day and by accepting yourself fully you will be able to do the same for everyone else.

“Friendship with one’s self is all important, because without it one cannot be friends with anyone else in the world.” ~ Eleanor Roosevelt
If you haven’t found a way to be at peace with yourself and if you haven’t found a way to be happy on your own chances are that you won’t be happy next to other people either. You can’t expect to get from others what you yourself don’t have to offer.

Love yourself and be good to yourself because if you do so the world around you will start mirroring your behavior. Change the thoughts you think and the words you speak. Purify your internal dialogue. Learn to talk to and about yourself in the same way you would talk to and about those you love the most. Give yourself permission to make mistakes. Nurture the relationship you have with yourself to make it stronger.

Learn to take good care of your mind, body, heart and soul. Meditate, spend time alone, take a walk and explore nature with your senses. Write about your thoughts and feelings, do something you’re passionate about. Go out with your friends, laugh, dance, be silly, be weird, be playful, be childlike. Do all the things that bring you joy and laughter. Treat yourself with kindness, love and compassion and learn to express your gratitude for the many gifts life offered you up until this moment. Take your focus away from those things that cause you to feel pain, stress, anxiety, fear and unhappiness, onto those
things that make your heart sing, onto those things that make you happy.
Day 4: Be Here with All Your Might

“As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When you act out the present-moment awareness, whatever you do becomes imbued with a sense of quality, care, and love - even the simplest action.” ~ Eckhart Tolle

Whenever fear, anxiety, unease and discomfort arise in the body, it only means one thing - you are not present in the moment. Your mind is preoccupied with either the past or the future. As a result, peace, love and tranquility cease to exist. When the mind is drifting there is no peace in your mind, there is no peace in your heart and there is no peace in your life.

Learn to be present and engaged in the present moment. Be happy with what you have, what you know and who you are right now. Don’t allow your mind to trick you into thinking that you won’t be happy until you get where you want to get. There’s no need to go where the mind goes. If you feel your mind drifting from time to time simply allow your breath to
bring you back into the present moment. Close your eyes, take a few deep and cleansing breaths… inhale, exhale and in no time, you will be back into the present moment. You will be back here... with all your might.

Appreciate what’s in front of you. If you learn how to be present and engaged in the NOW you will live a very happy and content life and no matter how many challenges life sends your way, you will become a better person not a bitter one. On this day the main thing you will need to do is to focus on the task at hand and to be 100% present in everything you do. By doing so you will find peace and you will be happy.
Day 5: Look for the Lesson in Everything

“I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet, strange, I am ungrateful to those teachers.” ~ Khalil Gibran

In the Tao Te Ching, the second most translated book in the world after the Bible, Lao Tzu, this wise Chinese man that lived more than 2500 years ago wants us to learn a very valuable and powerful life lesson - to look at every person that enters our world as either a student or a teacher. He wants us to understand, and I will paraphrase, that a good man is nothing but a bad man's teacher and that a bad man is nothing but a good man's job. And those who fail to understand this, no matter how intelligent they are, will get lost.

Every person that enters your life enters it because he or she has something to teach you. Unkind people are there to teach you kindness. Loud, noisy and controlling people are there to teach you the silence, tolerance and the power that comes from
surrendering to what is. Ungrateful people are there to teach you thankfulness, gratitude and appreciation...

Everyone has something to teach you. Look for the lessons. Trust that everything in your life is happening exactly the way it should be happening. Trust the wisdom of life. Embrace gracefully all that you face. Express your gratitude and appreciation for every experience life sends your way and be opened to learning from everything and everyone. By doing so you will become better not bitter and no experience will ever be wasted.
Day 6: Fill Your Heart with Gratitude

“Gratitude is the key to happiness. When gratitude is practiced regularly and from the heart, it leads to a richer, fuller and more complete life… It is impossible to bring more abundance into your life if you are feeling ungrateful about what you already have. Why? Because the thoughts and feelings you emit as you feel ungrateful are negative emotions and they will attract more of those feelings and events into your life.” ~ Vishen Lakhiani

We get so busy with our problems and so preoccupied with the many things that are missing from our lives that we forget to express our gratitude and appreciation for the many wonderful, people and things that we already present in our lives.

In a world where so many people focus on the bad instead of the good, the ugly instead of the beautiful, on scarcity instead of abundance, fear instead of love, dare to do things differently! Dare to smile when others frown, to believe when others doubt, to love when others fear and to appreciate what others don’t!
Embrace with grace all that you face, shift your focus from the bad onto the good, from the pain onto the gain, from resentment onto the forgiveness, gratitude and appreciation. Learn to embrace with grace all that you face. Appreciate everything life sends your way, whether good or bad and know that “Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” ~ Melody Beattie

Fill your heart with gratitude and pour your love into everything you do. Embrace an attitude of gratitude and say an honest “thank you” for all the beautiful experiences, things and people that are making your life a lot more joyful and meaningful.

On this day you will express your gratitude and appreciation for the wonderful being that you are, for the many wonderful people and things that are present in your life, for being loved and loving.

Write an appreciation note to your girlfriend, boyfriend, spouse or a colleague at work. Let everyone know how much you love and appreciate them, and how grateful you are to have them in your life. Get creative, get spontaneous, get grateful.
Day 7: Give a Smile to Every Person You Meet

“Nobody needs a smile so much as the one that has none to give. So get used to smiling heart-warming smiles, and you will spread sunshine in a sometimes dreary world.” ~ Lawrence G. Lovasik

Studies have shown that smiling can help you live longer, it helps boost your immune system, lowers your blood pressure and it helps reduce the intensity of the body’s stress response. Not only will smiling make you happier but it will also make you healthier. How cool is this?

If you ask me, we are all way too serious. We frown too much and we smile too little. Of course we all have “grown up problems” and we all have a lot of things on our minds, but that doesn’t mean we should stop smiling.

On this day commit yourself to wearing a beautiful and gracious smile on your lips at all times and share your smiles with everyone you come in contact with. Brighten the world
with your smiles. It will make you feel a lot happier and it will make those with whom you share your smiles happy as well.
Day 8: Let Yourself Be Vulnerable

“I understand now that the vulnerability I’ve always felt is the greatest strength a person can have. You can’t experience life without feeling life. What I’ve learned is that being vulnerable to somebody you love is not a weakness, it is strength.” ~ Elisabeth Shue

There is something very precious and very unique about those people who dare to let their guard down and allow the whole world to see them into their naked soul. People like that are quite rare and today you will be one of them. Contrary to what you were lead to believe vulnerability is not a sign of weakness but of strength. It takes great courage to show the world who you really are and what you are made of. Not many people are willing and able to do this.

When you are being vulnerable you are in fact showing the world that you are human and that like everyone else, you have wounds that need to be healed and many lessons that you still need to learn. You are showing the world that you are a strong, courageous and very brave individual who has nothing to hide and thus is free.
On this day let yourself be vulnerable. Show more of yourself to those around you and let them see the beauty that comes from being authentic, the power that comes from being vulnerable. Remove your masks, open the door to your heart and tear down all the walls you have built between yourself and the world around you. Let the whole world see into your beautiful and naked soul.
Day 9: Lighten Your Load

“As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness, weakness.” ~ Henry David Thoreau

Happiness comes to those who live a simple life, to those who know that less is more and that quality is better than quantity. Living in a constant chase to acquire more stuff, more power, more friends, more money and more of everything is exhausting. You think you’re in control when in fact the things you are chasing after are the ones controlling you.

On this day make time to go through your house, your closets, your basement, etc. and take out all the clothes, shoes, bags, books, and any other stuff you may no longer need or use. Give it all away and see how much better, lighter and happier you will feel. Give away the things you no longer use or need and make room in your life for better things to come your way.

Take out the old and make room for the new to enter. Let go of clutter, whether it is mental, emotional or material and let simplicity govern your life.
Day 10: Don’t Take Anything Personally

“Don't take anything Personally Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering” ~ Miguel Ruiz

We all have our own problems and struggles to deal with. We all have past wounds that haven’t yet been healed. Just as there is a lot of light inside of us, there is also a lot of darkness. We all have our inner shadows that we consciously or unconsciously project on to the world, creating a lot of unnecessary pain for ourselves and others and acting as if our unhappiness has little or nothing to do with us.

We are not perfect. None of us is, and that’s okay. Perfection leaves no room for improvement. The important thing is for us to understand what is ours` and what not, and to get to a place where we no longer get offended when other people start projecting their inner shadows and inner darkness on to us, to get to a place where we don’t take anything personally.
I’m sure you had days when you were not feeling well and because there was a lot of pain and sadness accumulated in you, and because you didn’t know how to deal with all that pain, you began to project it outwards. You began to project it on to your partner, your family members, your friends and coworkers, and you started blaming them for the way you were feeling. We all did it. You’re not the only one, and just as you do it to others, others are doing it to you!

On this day you will not take anything personally. You will look beyond the surface and you will know that what other people say or do to you has little or nothing to do with you, but a lot to do with who they are and how they feel. Today will be a happy day!
Day 11: Practice Tolerance and Acceptance

“What is tolerance? It is the consequence of humanity. We are all formed of frailty and error; let us pardon reciprocally each other's folly - that is the first law of nature.” ~ Voltaire

One of the many reasons why so many people are unhappy is because they resist life and because they refuse to accept life for what it is. Instead of saying “yes” to whatever experiences life sends their way, they reject, resist and complain about the many things that don’t go their own way.

It was Carl Jung who said that what you resist not only persists but also grows in size. If that’s the case why resist anything? The more you push against the things, people and experiences you find unpleasant, the more exhausted you will get and the unhappier you will become.

Living in a “perfectly imperfect” world, surrounded by “perfectly imperfect” people can be quite challenging not to get frustrated and irritated by the many annoying things that happen to us and all around us. We run around like mad people trying to change everything and everyone thinking that only by doing so
we will finally be happy. We have a hard time accepting things for what they are and as a result we resist what is and as a result we fail to see that nothing will change unless we ourselves change.

Our attachment to this idea of how life should look like, how people should behave, how reality should unfold and how people should think and behave, keeps us from living our lives in a harmonious and loving way.

On this day practice tolerance and acceptance towards everything and everyone including yourself. On this day you will resist nothing. You will embrace the world as it is and you will receive it with open arms every experience that life sends your way. Look around for things you find irritating, people who might act in nasty ways, events that might not be going as you would want them to go and practice tolerance and acceptance toward them all. Let them be as they are without trying to change them, without trying to interfere, and accept them completely.

"Acceptance of one's life has nothing to do with resignation; it does not mean running away from the struggle. On the contrary, it means accepting it as it comes, with all the handicaps
of heredity, of suffering, of psychological complexes and injustices." ~ Paul Tournier

Look beyond the surface. Every person and every life experience, whether good or bad, has something to teach you. Look for the lessons, look for the meaning.
Day 12: Play the Role of Your Ideal Self

“The power of imagination is incredible. Often we see athletes achieving unbelievable results and wonder how they did it. One of the tools they use is visualization or mental imagery… they made the choice to create their destinies and visualized their achievements before they ultimately succeeded.” ~ George Kohlrieser

If there were no limits to what you could be, do and have, how would your Ideal Self look like? How would your Ideal Life look like? Let your imagination go wild. Dare to dream big. Don’t settle for less than you are worth. The richer your imagination the more beautiful your life will be. See in your mind’s eye the life you would love to live, the person you would love to become and the relationships you would want to have. Start with the end in mind and act as if all of the things you need and desire are already present in your life. Feel the feelings that come from having all those wonderful things happen to you and allow those feelings to be with you at all times.
Take your time thinking about this. Let your imagination run wild and once you’re done you will act as if all of the things you want to be, do and have, have already happened.

On this day you will act as if all your dreams have come true, as if you have your whole life figured out, as if there is nothing you lack...as if you know it all, have it, you are it all. You will wear the costume of your Ideal Self. You will think like your Ideal Self, walk and talk like your Ideal Self and live like your Ideal Self. On this day you have enough, you know enough and you are enough.

Today is the day you experience what it feels like to be the amazing person you dream your Ideal Self to be. Today you will live the Ideal Life you have dreamed to live. Feel the feelings that come from being who you want to be and living life the way you want to live, because chances are that you will feel so good that you will never want to go back to the old you.
Day 13: Release Your Fears

"Whenever you meet a ghost, don't run away, because the ghost will capture the substance of your fear and materialize itself out of your own substance... it will take over all your own vitality... So then, whenever confronted with a ghost, walk straight into it and it will disappear." ~ Allan Watts

We fear too much and we love too little. We allow our illusory fears to keep us from doing many of the things our Soul wants us to do and as a result we settle for less than we are worth, we live a life that it is not ours to live.

The day will come when your whole life will flash before your eyes, making you aware of that which truly matters in life. And when that will happen you will realize that you could’ve done it all and that you could’ve achieved it all. All your fears will seem so small and insignificant and all the things you now stress and worry about will have no meaning to you whatsoever.

On this day, dare to act boldly and live fearlessly. Do at least one thing that scares you. Show the world what you are made of.
Choose to shift from fear to love. Place your attention on what you want to be, do and have, and no longer on what scares you. Trust me when I tell you that fear is nothing but an illusion. It has no real essence. Take the advice of Allan Watts and walk straight into that which scares you. Become bigger than your fears and soon enough all your fears will cease to exist.
Day 14: Practice Playfulness

Let go of all thoughts of limitations about how you should or should not behave based on how old or young you are. Age is nothing but a number, “an issue of mind over matter. If you don’t mind, it doesn’t matter.” ~ Mark Twain

We all have an inner child that wants to come out and play so why not let him or her play? Be playful, be childlike. Have fun in all that you do. Laugh until your belly hurts and then laugh some more. Why take life so seriously? Why take yourself so seriously? A playful life is a happy life and those who give up playfulness give up happiness.

On this day give yourself permission to be silly and weird, to say whatever comes to mind (make sure it's not offensive to those around you). Have fun in all that you do. Allow yourself to be playful and carefree as a child, dance, sing, be wild and be free. Put some really good music and start dancing around the house. Don't think too much, just do it. Have fun. Be happy!
Day 15: Do Something You Have Never Done

Just as Thomas Jefferson said it, “If you want something you’ve never had, you must be willing to do something you’ve never done.”

Make today a fun and exciting day. Allow yourself to feel the excitement and the exhilaration that come from breaking old patterns and doing something you have never done before. You only have one life to live so you might as well learn to enjoy it while you’re still here. On this day dare to be a little bit more adventurous than usual.

You’ve never jumped into a pool with your clothes on? How about starting now? It’s fun. If you don’t want to do it alone just grab a friend and jump in together. It will make both of you laugh very hard. You’ve never dared to dance on the streets while listening to your favorite track on your I-Pod? How about starting now? Who cares who’s watching? It’s your happy day. Celebrate it! You might never see those people again but the precious memories you’ll create will stay with you forever.

You’ve never taken a dance class? How about taking one today?
Have some fun, get creative, use your imagination and make today a day that you will never forget! Make today an adventurous, exciting, playful and happy day!
Day 16: Practice Random Acts of Kindness

“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.” ~ The 14th Dalai Lama

Today is going to be a beautiful day, a day where you will be kind to all, spreading love, joy and happiness wherever you go. Today you will open your heart and your mind, allowing your imagination to run wild and to do all kinds of kind things that you don’t normally do.

It can be anything… calling a friend or family member you haven’t spoken to in a while, giving free hugs, paying for the person behind you in a drive-thru or at a coffee shop, leaving money in a public place for someone to find, sending a card or flowers to a person that might be going through a hard time. It can be an expensive gift, it can be money or maybe just an appreciation note that you leave on someone’s desk. It doesn’t really matter how big or small your gift is as long as you give it from the heart.
Offer your love and support to those who need and ask for it. Look for opportunities to put a smile on someone’s face. Look for opportunities to brighten someone’s day. Show the world that life isn’t as bad as we think it is and that people aren’t as disconnected from one another as we think they are.

Be kind to all living beings not necessarily because they deserve it but because you do. Give with an open heart without expecting anything in return. Why? Because giving is a sign of having and the more you give the more life will give back to you.
Day 17: Get Interested in People

It was Dale Carnegie who said that “You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.” And it’s true. Just as much as you enjoy having people interested in you, so do others enjoy when you show that you are interested in them and in what they have to say.

There is something beautiful, unique and very special about each and every one of us. We all have a story to tell and we all have something precious to share and give to the world. We all want to love and be loved and we all want to be happy. We might look different on the outside, but deep down inside, we are all the same.

Today, take time to know more about the people around you, whether they are strangers you meet on the subway, people you work with, friends, neighbors or even family members. Show people your genuine interest in them and they will show their genuine interest in you. Connect with the world around you at a deeper and more meaningful level.

On this day, see if you can make at least one new friend, because no matter how many friends you already have, there’s always room for more. You can never have too many friends. By getting interested in the people around you, you will be surprised at how many new friends you will make and how
many wonderful things you will discover about the people around you.

Show you care. Get interested in people and people will get interested in you.
Day 18: Complaint Free Day

“Complaining not only ruins everybody else’s day, it ruins the complainer’s day, too. The more we complain, the unhappier we get.” Dennis Prager

If you spend too much time complaining about the many things that are “wrong” with your life and the world around you you fail to acknowledge the many wonderful things that are right with you and the world. Those who are busy pointing out what they don’t like will have little or no time left to enjoy the things that they do like. Don’t let that be you.

On this day you will give up the need to complain about the many things – people, situations, events that make you unhappy, sad and depressed, and instead, you will focus on the things that make you feel good, on the things that are right with the world. Look for reasons to smile, to laugh and to appreciate the world we’re living in. Stop looking for reasons to get offended and start living your life in a way that makes you happy.

Life isn’t as bad as the mind is trying to make us think. It really isn’t and the more time you will spend away from
complaining and more towards appreciating the more you will be able to realize this. Go 24 hours without complaining and see how much better that will make you feel. Say to yourself: “Today is going to be a complaint free day. Today is going to be a happy day.”
Day 19: Give More, Expect Less

“Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go.” ~ Mother Teresa

What if, on this day you practice giving without expecting anything in return? What if, on this day you allow yourself to feel the wonderful joy that comes from doing something good for someone without expecting anything in return? What if, one this day you give more and expect less?

Give with an open heart. Give not because you want to get something in return but because you want to give, because you love to give. Give food to those in need, give them some of your money and if you can't give them any of that offer them a loving smile and a silent blessing.

Give more of your time. Give more of your smiles. Give more of your beautiful presence and loving energy. Give more of your presence to your life partner, your children, friends, family and coworkers. Give more of your knowledge, your expertise,
you unique gifts and talents. Give more of yourself and expect less in return.
Day 20: Love Everything, Be Attached to Nothing

“As human beings we all want to be happy and free from misery… we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger, attachment, fear and suspicion, while love and compassion and a sense of universal responsibility are the sources of peace and happiness.” ~ Dalai Lama

We get so attached to everything we have and everything we do. We get attached to our ideas, our way of doing things, to places, to things and the many people present in our lives, not knowing that all of our attachments will only bring us anguish, sorrow and suffering. It will be so much easier if we could appreciate and love all that we have without being attached to any of them. I know it might sound crazy, insane, you name it, but if you think about it nothing in this world lasts forever, so why cling on to anything?
The people you love will leave you one day; the career you now have, one day will be gone; the house you live in, one day will no longer be yours; the body you have, your beauty, your youth, they will all be gone eventually, and if that’s the case, why continue to pretend as if you are going to inherit the planet? On this day see if you can live your life from this place of non attachment. Understand that everything changes, nothing remains the same and that nothing is ours to keep, not even our lives.

On this day love everything but be attached to nothing. Keep in mind that nothing lasts forever. People, things, experiences, they all come and go. There will be days when we will have more, and days when we will have less. There will be days when we will feel healthy, and other days when we will feel sick. There will be days when we will feel love, and other days when we will feel fear...

Let go of your attachment and love life the way it is.
Day 21: Let Go of the People Who No Longer Need, or Want to Be in Your Life

One of the hardest things in life is to let go of the people we love the most. We hold on to those close to us so tightly, fearing that without them we will be nothing, fearing that without them the love we feel in our hearts will be forever lost. Our attachment interferes with the love we have for them, taking away from the purity and the beauty that love has to offer.

Deepak Chopra says it best with these words: “Love allows your beloved the freedom to be unlike you. Attachment asks for conformity to your needs and desires. Love imposes no demands. Attachment expresses an overwhelming demand – “Make me feel whole.” Love expands beyond the limits of two people. Attachment tries to exclude everything but two people.”

There comes a time in our lives when we have to do what’s right and to honor not only ourselves but also the people around us and that time is now, that time is today.
If you love something, if you love someone and if you feel that you need to let go of them, if it’s required to let go, do it. It might hurt at first but once the pain is gone you will feel more alive than you have ever felt. You will start to see things from a totally different perspective and you will understand that letting go is a sign of strength, of courage and of great love.

You let go of someone not because you no longer care, not because you no longer need and want them in your life, but because you understand that they will be happier someplace else. You will be happy someplace else.

On this day you will work on letting go of the people who no longer want, or need, to be in your life. Keep in mind that it’s the relationships that you are letting go of but not the love you have for those people.

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And this is where it all ends. Or should I say, where it all begins? By committing to all these practices, not only have you built the habit of happiness, but you have also became more disciplined and more focused on building other new positive habits in different areas of your life.
Now that you have completed your 21 days, your conscious mind will have the choice of stopping or carrying on with these healthy and positive practices. But since your neural pathways have been formed already, chances are that you will continue with the new healthy habits. You have seen the benefits along the way and your unconscious mind will want to continue if it has been beneficial. You are now free to “Dwell on the beauty of life. Watch the stars, and see yourself running with them.” ~ Marcus Aurelius
Commitment to Happiness

I ___________________,

Make a commitment to let go of what’s behind me and start appreciating what’s in front of me;

To spend so much time improving myself and my life that I have no time for worry, judgement, criticism, whining and complaining;

To forgive, release and let go of my attachment to any past struggles and allow every challenge life sends my way to make me better not bitter.

To let go of all the pointless drama, all the toxic relationships, thoughts and behaviors that are present in my life and to constantly shift my focus from the bad on to the good;

To make room in my heart for love, happiness, peace and tranquility and to create my life from a place of infinite choices and possibilities – the present moment, and, no longer from a place of limitations – from the past.

I commit to staying true to myself at all times and to never betray myself just so I can please other people.

Starting now and starting today, I commit myself to living my life in a way that feels good and right for me. Starting now I commit myself to BEing HAPPY!

Sincerely,

_________________
A few words about the person behind PurposeFairy – Luminita D. Saviuc

When nobody’s watching, I pretend I’m a moon sprite; transcendent, effervescent, ever curious. Yet my birth certificate says I’m a human born in Romania. Oh well.

I’m an enthusiastic student of the arts, economics, psychology and spirituality – and I take great pleasure in shining light on life’s hidden truths, the paradoxes that both stare us in the face and hide from us in unison, as they silently shape our every waking moment.

I am the author of the successful blog post 15 Things You Should Give Up To Be Happy which became perhaps the most viral personal growth blog post in history. Over 1.2 MILLION people shared it on Facebook. This lead to a book offer from one of the world’s major publishers and a speaking slot at Mindvalley’s Awesomeness Fest, where I shared the stage with people like Lisa Nichols from The Secret, Vishen Lakhiani, founder and CEO of
Mindvalley, Dr. Fabrizio Mancini, author of the best selling book The Power of Self-Healing and many others.

PurposeFairy blog is a vault of my observations on the human condition, and how to access our infinite selves in our daily lives. My inspirations include dead visionaries like Lao Tzu, Albert Einstein, Max Planck and Steve Jobs, and living legends such as Wayne Dyer, Bruce Lipton, Louise Hay and Vishen Lakhiani.

If you want to discover more about me and my work, visit www.PurposeFairy.com. Like our PurposeFairy Facebook Page, subscribe to our YouTube Channel and Follow us on Twitter.

With all my love,
The End