



## **Top 30 Beliefs Blocking Happiness**

- 1) I Can't Be Happy All The Time
- 2) I'm Not In Control Of My Happiness
- 3) God Doesn't Want Me To Be Happy
- 4) Other People Need To Be Happy For Me To Be Happy
- 5) If I Can't Have \_\_\_\_\_ I Can't Be Happy
- 6) My Happiness Is Outside Of Me
- 7) Happiness Is Not What Life Is About
- 8) I Need To Sacrifice My Happiness
- 9) My Parents Were The Model Of Happiness
- 10) I Can't Have What Brings Me Happiness
- 11) I'm Happiest When I'm Suffering
- 12) I Need To Focus On What I Don't Prefer To Fix It
- 13) I Don't Love Myself
- 14) I Need To Become More To Be Happy
- 15) I Have To Do Something To Be Happy
- 16) I Need Approval To Be Happy
- 17) I Don't Have Time For The Things That Make Me Happy
- 18) If I Haven't Been Productive I Can't Be Happy
- 19) Others Will Be Upset If I'm Happy All The Time
- 20) I Need To Be Serious
- 21) Happiness Is Not Going To Solve My Problems
- 22) There's Too Much To Do To Be Happy
- 23) There Is Only One Thing That Can Make Me Happy In This World
- 24) Money Buys Happiness
- 25) If I Make A Mistake No One Will Love Me
- 26) People Won't Like Me If I'm Happy All The Time
- 27) If My Kids Are Happy Then I Did My Job
- 28) Happiness Is Being Alone
- 29) My Happiness Is Fickel
- 30) Everyone Needs To Know How Smart I Am