

**Is it Fun Being You?**  
(Being happy for no reason)  
*By Rene Bastarache, CI*

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Is it Fun Being You?  
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Calming An Overactive Mind  
Clearing Negativity  
Courage, Confidence & Inner Power  
Creating a Safety Bubble Around You  
Creating Inner Peace  
Dealing with Lonliness  
Believe Something Wonderful Is About to Happen Today

*Written by Rene & Raluca Bastarache, Founders of the American School of Hypnosis*

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**Is it Fun Being You?**  
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This session is about being happy for no reason... It's about just being happy because you want to... You're a happy person... You're a lovable person... You're the best possible you, that you can be...

One of the main purposes of life is to be happy... so, how can you make yourself happier today?...

Let's go ahead and work on that...

Right now, I'd like you to imagine what you can do today that would make you happy... What kind of simple, quick and easy thing can you do that would bring a smile to your face?...

Would it make you happy to go get a cup of coffee right now?...

Or to go for a walk outside?...

Does it make you happy to tell someone a joke?...

Does it make you happy to play with children or with animals?

Does it make you happy to call and chat with a friend?

You know best what makes you happy... Take a moment right now to think of something that makes you happy that you can do throughout your day...

(Pause for a few moments)

What is it that makes you happy, that you can do, that will cheer you up even more?

When's the best time of day for you to do it?

Take a moment to imagine yourself doing what it is that you just thought of, that makes you happy...

Imagine all the details of it... where you are... what's going on... is anyone or anything around you... and even the feelings...

What does it feel like as you're doing what it is you're doing?... Does it make you happy?... Does it bring a smile to your face?... If it does then remember what it is that you've chosen and take some time throughout your day and do it... If not then you should choose something else...

It's important to look at this as something you want to do... It's not a chore or a responsibility or anything that's required... It's just something that you want to do for you... A reward for being such a wonderful person... Something to look forward to and that you can reflect on throughout your day to keep you smiling...

You're a happy person... You're a fun person... You're enjoyable to be around... and you're the best you, that you can be...