

## Life Is Easy, Life Is Good: Living With An Ecstatic Love For Life

Jason Youngblood



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Life can be effortless, easy, and ultimately good to us when we change what we believe about our lives during negative experiences. Through my own self-reflection, I have identified six general negative sayings and beliefs that I believe and state during negative situations....the moment I began adjusting my own negative beliefs, is the moment Life became effortlessly easy and amazingly good. As a result of this self-discovery I wish to share my personal negative beliefs and declarations with you so that you can better identify your own and be able to adjust them in order to fully love your life. My six negative beliefs: • "Life is hard." • "Why Me?" • "Nothing good ever happens to me." • "Never Fails!" • "Damned if I do and damned if I don't." • "I knew it was too good to be true!" Through my own personal soul searching and asking for a solution to my life problems, I have been inspired by six positive responses to the negative beliefs. These six positive responses: • Life is easy, Life is good! • There's a purpose for everything that happens in my life · Everything works out in my favor • Life is a journey towards the destination of love • I am effortlessly taken care of! • Every good thing is specifically designed for me to enjoy

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