

Allison Massari



INTENTIONAL HAPPINESS



Joy and pain exist side-by-side.

Imagine that you have a mountain of your pain in one hand. And your joy is in the other. Focus on the joy, *even if it is the smallest thing*. Then **build** your joy – *grow it and nourish it* – so much, that eventually your joy *towers over your pain*.

Choose love anyway.

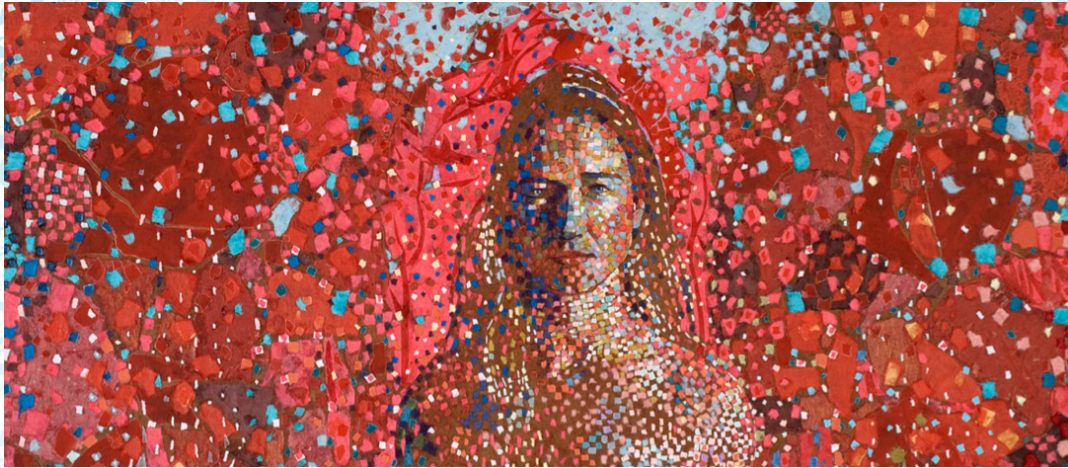
There *comes a point* when we *can learn* to feel good, *even if* we are struggling. Our happiness is born in our courage to see **all** that is *beautiful* and *good*... AND all that is *painful and unfair*... and **choosing** compassion, kindness, joy and love despite the pain that we feel. When times are challenging, always ask, “What if I could be happy anyway?”

Courage, tenacity, determination.

Never give up.

Sometimes in life there is *no break*, no quick fix; you *dig deep*, and survive it. It's the synergy of these two qualities – love and guts – that creates total aliveness.





“The Healer” – Collage – Allison Massari

“What is it we all want? We want to live with excellence, clarity, passion, and focus. We want success, genuine well-being...inner peace. We want to be powerful in our lives, equipped with the capacity to handle the unexpected, with the tools to deal with difficult people and challenging circumstances. But it’s more than that – we want to feel like we’ve come alive, that we’re living our mission, walking in the world, vital.”—Allison Massari



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