



# ONE SINGLE WAY TO BECOME HAPPIER!



ELISA CARD

PARIS | SAN FRANCISCO | LONDON

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*"When you start each day  
with a grateful heart,  
light illuminates from  
within."*

ONE SIMPLE SECRET TO  
LIFE PURE HAPPINESS

IT ALL STARTS IN THE MORNING.  
RIGHT, WHEN YOU AWAKE.  
EVEN BEFORE OPENING YOUR EYES.  
THIS IS ACTUALLY A MEDITATION  
STATE\*. THERE, THIS IS 'THE  
MOMENT' TO CREATE YOUR BRIGHT  
HAPPY LIFE.  
BEFORE YOUR BRAIN WANTS TO  
START SLOWLY TO SHIFT INTO A  
FUNCTIONAL STATE OF OUR  
HUMAN BRAIN\* ...  
AND BEFORE IT CONNECTS WITH A  
MILLION THOUGHTS. MOST OF THE  
TIME, NOT VERY PRETTY, RIGHT!?

\*(ALPHA & BETA waves) explained below

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## HOW TO LIGHT UP YOUR LIFE RIGHT IN THE MORNING!

YOUR VERY FIRST THOUGHT  
WHILE STILL in a relaxation,  
calmness and meditative state,  
is VERY important. Take these  
few minutes before jumping out  
of bed to connect with your  
heart, with yourself.

Be thankful and grateful every  
morning as you wake up,  
happiness will come out from  
within you.

Think about all the very great  
things that You have in your life.  
And without failing, each  
morning will bring you  
incredible inspiration, new  
dreams, for your best day ahead,  
while using the powerful  
gratitude thoughts.

And a smile on your face!

Guaranteed!

Since I have applied this simple  
easy process, my life and  
millions of others, have changed  
for something amazing.

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A GIFT

*just for  
you*

*“When you arise in the morning,  
think of what a precious privilege it is  
to be alive -to breathe,  
to think, to enjoy,  
to love.”*

*Marcus Aurelius*

**HAVE A BRIGHT HAPPY DAY!**

Talk soon,  
With Love,  
Elisa



For Abundance increase in every area of your life,  
read this every day:

7 best gratitude attitude hacks continuously deliver  
incredible results-life

#### ALPHA WAVES (8 TO 12 HZ)

Alpha brainwaves are dominant during quietly flowing thoughts and in some meditative states. Alpha is 'the power of now', being here, in the present. Alpha is the resting state of the brain. Alpha waves aid overall mental coordination, calmness, alertness, mind/body integration and learning.

#### BETA WAVES (12 to 38 Hz)

Beta brainwaves dominate our normal waking state of consciousness when attention is directed towards cognitive tasks and the outside world. Beta is a 'fast' activity, present when we are alert, attentive, engaged in problem-solving, judgment, decision making, or focused mental activity.

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