

- 1. Place a cupcake or piece of cake next to your candle.
- 2. Make sure your mood is uplifted with feelings of happiness.
- 3. Think of a wish.
- 4. Light your candle.
- 5. Close your eyes and imagine your wish coming true.
- 6. Open your eyes and snuff the candle out.
- 7. Eat the cupcake or cake.

