7 WAYS HOW TO BEGIN YOUR DAY ENCOURAGED

- 1. SAY GOOD MORNING TO GOD.
- 2. DRINK LEMON WATER.
- 3. SPEND TIME WITH GOD.
- 4. MAKE THE BED.
- 5. MOVE.
- 6. EAT A HEALTHY BREAKFAST WITH PROTEIN.
- 7. LOOK FOR THE SUNRISE.