

6 Ways

TO BEGIN YOUR DAY ENCOURAGED AND HOPEFUL

1. START THE DAY WITH GOD

Beginning the day with God sets the tone for the rest of the day.

2. DRINK A FULL GLASS OF WATER AFTER WAKING

Drinking water immediately in the morning aides our bodies in healthy ways.

3. IF POSSIBLE, TAKE AN EARLY MORNING WALK

Getting fresh air into our lungs impacts our bodies, minds, and attitudes.

4. JOURNAL

Getting what's in our head out on paper frees us up to be more creative and peaceful.

5. CHOOSE TO LOOK AT THE DAY AHEAD DIFFERENTLY

When we look at the day as a gift, our perspective shifts. We will never get to live this day again.

6. START THANKFUL

We each have much for which to be thankful. Thankfulness is contagious!

Julie LeFebvre