

Things That Will Bring You Positive Changes

1. Get up and go to bed at the same time every day as much as you can. Sleep is important and your body enjoys it as much as you do.

2. Watch some comedy every day to keep those laughter muscles warmed up. Be mindful of the shows you watch and how they affect your emotions. Try to watch shows that boost your mood.

3. Drink more water. Even mild dehydration can dampen moods, increase fatigue, and cause headaches.

4. Consider playing the songs you love as you're getting ready in the morning. It will give your day a great start even before you leave the house.

5. Don't compare yourself to others. A major factor in feeling bad is comparing ourselves to other people. You are unique.

6. Do something you've always wanted to do but haven't had the time for. Make it simple and achievable, like dining at a particular restaurant or trying out a new recipe, reading a new genre.

7. While you're lying in bed at night, think of three things that went well that day. They don't have to be big or dramatic. It can be a nice lunch, a friendly interaction, or a cute baby that smiled at you. As a result, you'll be able to train your brain to focus on the good rather than the bad.

8. Talk back to your negative thoughts. If your friend told you she'd had an unproductive day, would you respond negatively or positively? Consider it the same for yourself. Being harsh on yourself won't help you achieve more. In fact, it can only make you feel crappy.

9. Keep a notebook and jot down all the things that you are grateful for. You'd be amazed at how this simple act can switch your brain into feeling good.

10. At least once a week, wear an outfit that makes you feel great. Do your hair in a style you love, put on some makeup, and head out looking good. You'll be amazed at how differently people will treat you.

11. Once a week: Send a letter, call or text someone you know and tell them why you think they're awesome. This will boost your positivity.

12. Go for a walk or stretch. Movement will get your blood pumping. The best way to get fit is to see yourself as someone who works out and keeps fit.

13. Drop the word "should". Keep an eye out for how often you say it and ask yourself if it's making you feel better or worse. Is it something genuinely important to you? Who said you should do it? Do they know you better than you know yourself? Ask yourself these questions and you'll know why the word won't help you.

14. Add one more piece of fruit into your day and mix it up with the usual ones you have every day. Make it a daily challenge to see the different kinds of fruit you can eat. In addition to helping you start with some positive changes, it can also help you be healthier.

15. If you always watch the News, set a timer and allow yourself to read or watch the news for an allotted period of time only. Our news has changed over the past few years and they're designed to hook you in. Generally, we feel worse after watching story upon story of terror and bad news, so limit your exposure.