

# RECLAIM YOUR DAY

WHEN YOUR DAY GETS OFF TRACK



## 4 TIPS TO SHIFT YOUR DAY

UTILIZE THESE TIPS TO IMMEDIATELY MOVE YOUR DAY FROM NEGATIVE TO POSITIVE



## Morning Routines: what went wrong

BY CARLA PASCOE

Whether you practice a morning routine, power hour or not, your day can be off to a great start and then **BAM!!!**

Your day may take a sudden turn by; an email chain gone wrong, you were late to an important meeting, you didn't anticipate traffic, your child needed you to sign that important document that you forgot... Literally, there are so many things that can cause your day to take a U-turn.

It is important to resist the urge to let those mishaps dictate how the rest of the day goes. It is really in our control to course correct and get back on track to have the day we intended. While we cannot avoid those irritations or nuisances that arise, we can choose our response and arm ourselves with tools that will help us get our day back on track..