

15 ACTIONS TO MAKE EVERY DAY WONDERFUL

1. Wake up with enthusiasm.
2. Enjoy at least one hot meal.
3. Include "Please" and "Thank you" in your conversations.
4. Treat your family and friends as if you hadn't seen them in a week.
5. Make a daily 'to do' list – you'll be amazed how much will get done and how proud you will feel crossing off completed tasks.
6. Laugh, even if you are the cause of the laughter.
7. Take fifteen minutes to enhance your spirit. Whether that would be to give thanks to God or simply mediate.
8. When no one is looking – dance!
9. If someone else is having a bad day, ask him/her to dance.
10. Learn something new.
11. Teach something new to another person.
12. A ten-minute break in the morning and another in the afternoon will energize you.
13. Listen to your favorite music.
14. Give as much attention and effort at home with family as you do with people and tasks at work.
15. Smile! It's easy to do and will brighten everyone's day...especially yours!

