

## SET YOURSELF UP FOR A FEEL-GOOD DAY

As you awake:



1. Take 15–30 minutes to be still and meditate, seeking guidance for the new day ahead.
2. Reflect and capture in a journal up to 10 things you are grateful for.
3. Wish three people you find challenging, well.
4. Care about how you feel. Commit to doing all that is necessary to feel good today.
5. Make being joyful your priority by not complaining and trusting that all is well in the world around you.
6. Practice being "loving" and having appreciation.
7. Treat everyone you come into contact with the same way that you would treat yourself.
8. Greet everyone you meet today with a sincere and genuine smile.
9. Be fully present and attentive in your conversations.
10. Listen attentively and be mindful of the words you speak.
11. Maintain your health and well-being by being active.
12. Aim to increase your heart rate for at least 30-45 minutes during the day.
13. Practice listening to your intuition and inner voice.
14. Be open to receiving inner guidance that informs you of actions that will move you toward achieving your goals.
15. Make decisions decisively and weigh up objections quickly.
16. Take action without delay.
17. Enjoy giving and receiving blessings.

RELIABLE

REPEATABLE

PREDICTABLE

RESULTS

