

the Daily Bliss

Hi

With the start of the new week, I'm sure you're already feeling the pressures of responsibilities and to-dos. Maybe you're looking at your schedule for the week and are feeling overwhelmed by the busy days that lie ahead. Sometimes, we feel so overwhelmed that we never end up accomplishing anything. However, I want to provide you with some of the things that have personally helped me have peaceful and more intentional days.

The past few years, I struggled with the never-ending cycle of wanting to have a relaxed morning, but then continuing to hit snooze. When I finally got up, I would lie in bed and mindlessly scroll on my phone. I wanted to have a peacefully morning, but I told myself that I'm just not that person. So, it never happened. Do you ever feel like this? Like you want to start your day mindfully but, in the end, fail to actually take the steps to do so because your mind isn't used to it? The simple truth is that we have to change the way our minds think in order to see any substantial change in ourselves. How we think, reflects what we do, which reflects how we spend our days, which reflects how we spend our life. Therefore, if we want peaceful days, we need to change how we think, and then act on it.

I used to not consider myself a morning person, not because I didn't want to be one, but because I never could find the motivation to get up earlier and go to bed earlier. In order to become one, I had to tell myself that I am a morning person so I could act on it. Sometimes, you have to fake it till you become it. You have to trick your mind so that you will take the actions because wanting change is not enough.

In order to go about your day with clarity of mind, you need to have a peaceful morning, and

this starts the night before. Start going to bed earlier so you can wake up earlier and feel rejuvenated, instead of waking up late and feeling as if you have to rush through your morning. Then, when you first wake up, I encourage you to not let the first thing you do to be going on your phone. This action often leads to mindless scrolling and then, by the end, you'll wonder where your time went. So instead, write three things you're thankful for, read your bible / devotional (or another book), and fix a cup of tea and let your mind be *directed* instead of *distracted*. Wake up in time so you can do the things in the morning you want to do. If you want to have time to take a walk, fix a real breakfast, or do some yoga, you have to make time for it and ask yourself the why. The why is what will drive you to take the next step. It's telling yourself that when the alarm goes off, I'm going to get up because I feel so much more energized. I'm going to go to bed earlier because when I do, I wake up refreshed, and when I'm refreshed, I can make the most of my day. I'm going to move my body today because I want to take care of the body God has given me. You have to connect the action to the emotion that you feel when you do that action. The way to transform our actions is so simple, that we often fail to overlook or overcomplicate it. The simple actions are sometimes the hardest actions to take.

Ask yourself the why and attach the emotion to the action so you can get to the desire. Just wanting to do something isn't enough. Go deeper and watch yourself mold into the woman you desire to become.

PS. I love hearing back from you! If you have any topics you are interested in me discussing in the next issue, let me know!

WITH LOVE AND BLISS,

lindsey smith



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