



10 Ways To Start Your Day Happy

You have the power of agency over yourself.
You are in control of your thoughts.

GINA R SMITH

1.

Smile when you awaken and
sit up in bed.



2.

Chug a 16 oz. glass of water. It
will wake you up in
a refreshing way.



3.

Move your body-stretch, yoga,
walk, run, swim, bike, dance,
sex.



4.

Put some lively music on and
dance. This morning OutKast
Hey Ya! came up on my playlist.
So fun.



5.

Take the time to make a
delicious nutrient rich
breakfast.



6.

Meditate.



7.

Pray.



8.

Read something inspirational.



9.

Write-clear your mind, set
intentions, write out your
dreams,



10.

Tell someone , "I love you."



GRATITUDE JOURNAL

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR







WATER INTAKE



1L



2L



3L

WEATHER



NOTES / REMINDERS

TODAY'S AFFIRMATION

















TOMORROW I LOOK FORWARD TO









TODAY'S INTENTION

Date:

Today I will be:

Today I will attract:

Today I will feel:

Today I am thankful for:

[illegible]