

Daily Checklist for a Wonderful Day:

Before you lift your head from your pillow, set the INTENTION TO BE HAPPY today. You might not have a perfectly happy day, but at least have the intention to try.

Take a moment to STRETCH before getting out of bed to help your body wake up.

Drink plenty of WATER throughout the day.

Do 3 minutes of focused BREATHING sometime during the day, or any time you feel stress or anxiety: Make your exhale longer than your inhale if possible, or just focus on your normal breath and count your in-breath and out-breath.

Write down or think of 3 things you're grateful for – GRATITUDE can shift your thinking in a positive way!

Be active and MOVE YOUR BODY! – Go for a walk, stretch, do yoga, lift weights (or soup cans, they work too). Just MOVE.

LEARN something new, do a puzzle, read a book that teaches you something you didn't know, try Sudoku, take a free online course in a subject that interests you.

CONNECT with people, either at home or through a phone call, an email, Zoom, FaceTime, and make them smile. Tell them you're sending positive thoughts their way.

MEDITATE or PRAY – spend a few minutes of quiet and still time just focusing on here and now, letting go of what happened yesterday or what might happen tomorrow. This is a good time to come back to what you're GRATEFUL for.