

What Kind of Day Will You Make Today?

What you pay attention to grows

Before starting your day, take a moment to reflect on the following:

1. What kind of day will you have?

How you are really feeling will influence the kind of day you will have.

- Feeling great!
- I am feeling off...
- I am feeling way off...

2. What is leading to your feelings?

- It is important to stay connected with the good in your life so that you can keep perspective when things are hard.
- What are you actively going to do to make today the best day you can?
 - Set out to do the things that will make today amazing.
- How is your current mood going to impact your day and your interactions?
 - What do you need to do to address any possible barriers before interacting with others?
- Who will you have to work extra hard to engage with today?
- Who or what is your go-to for a mood pick-me-up, if needed?
- What is inside of your control?
 - Give this your energy.
- What is outside of your control?
 - Acknowledge it is hard and let it go.
- What is one thing you can do to positively impact your day?

3. What is one good thing you can do for yourself?

- Relax your body (take an extra 2 minutes in the bathroom if necessary).
- Notice your breathing - is it shallow? Take some deeper breaths and let out slowly.
- Gratitude - Think about what you are grateful for and write it down.
- Practice noticing the goodness in others, even if it is small.
- Complete an act of kindness.

4. Take time at the end of the day to reflect on the day you made today.

- What stood out as the highlights?
- What is a win for the day?
- Did you take time to laugh?
- What was hard and how did you handle it?
- What is a positive that you can carry into tomorrow?
- Is there anything that needs to be adjusted and intentionally changed tomorrow?
- Give yourself a high-five or some praise for making it the day you set out to have!

To choose another goal, go to: deancare.com/wellness/real-goals

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