

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:

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...

What is leading to your feelings?

- 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?
 - o 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?
 - o Give this your energy.
- What is outside of your control?
 - o Acknowledge it is hard and let it go.
- What is one thing you can do to positively impact your day?

What is one good thing you can do for yourself?

- Relax your body (take an extra two 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.

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!

Explore more Real Goals and Supplemental Resources

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)

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