

1: 3 Ways to Feel Great in the Morning - wikiHow

How to Feel Great at Work Every Day and millions of other books are available for Amazon Kindle. Learn more Enter your mobile number or email address below and we'll send you a link to download the free Kindle App.

You find it hard to show up as your highest self. How amazing would it be if you could become aware enough of yourself to feel outstanding as often as possible? Check out the video below! If you could consistently feel great, imagine how much you could achieve. I want to share with you how you can feel great the majority of the time. To have your standard baseline as feeling great is possible. The Truth We all have good days and we all have bad days. That is just the nature of life. Some days, you get phone calls that just ruin your mood, rendering the rest of the day a write-off. Sound a bit out there? There are two ends of the spectrum when it comes to emotions. How often are you in pleasurable states? How often are you in painful states? Usually, what you would say is that the quality of your life is the quality of your emotions. The Spectrum One the one side, you have fear, sadness, frustration, anger – all of your negative emotions. On the other side is happiness, passion, love. If you think about it, when it comes to people, you usually consider people to be positive or negative. Every single person sits somewhere in this spectrum as a baseline. Some people sit on the more negative end and some people sit at the more positive end. People at the negative end of the spectrum can be quite unpleasant to be around. Every one of us has a default line. This all comes down to what your emotions are. How Can We Move? To be honest, for a long time, I was not at the more positive end of the spectrum as a default. From then, in until the present day, , I am absolutely higher up the scale in terms of positivity. How Do We Do This? It comes down to what you do every single day. Your daily rituals shape your emotions. Your daily conditioning and engagements have a massive impact on your mood. It is incredibly important to protect what you are doing every day and making sure it is as close to what you really want to do as possible. This makes a massive difference to the way you feel. Another powerful lesson that I learned is the emotional triad. Focus – language – physiology. We tell ourselves we should be sad or angry about a situation. Language Using negative language reinforces those negative feelings we have about what we are focusing on. Physiology Carrying in our bodies in a negative way – hunched over, dragging our feet or stomping around – is always going to reinforce our negative emotions. A positive person, when something negative happens, will always look for the positives. A negative person will always see the negatives. Positive Outlook If something happens in your day, you will ask questions like, what does this mean? How can I learn from this? How can I move on? What can I improve in my life to take me to the next stage. Negative Outlook A negative person in the same situation will focus in on what it means to them. They will ask questions like, does this mean my life is declining now? Is it the end for me? That is the honest truth on how you can feel great all the time. Simply take the time to do these things. And when something does come up that you have to react to, be mindful of how you view it, the language that you use to describe it and how you hold your body throughout. Ask yourself the right questions and surround yourself with the right people. All of these things play a massive part on where you call on that spectrum.

2: How to Look and Feel Your Best Every Day: 9 Steps (with Pictures)

It's simple enough: Dehydration makes you feel lethargic, and water restores energy. Two 8-ounce glasses of water are a good antidote for morning drag.

Toxic work environments or having to perform stressful tasks can create states of chronic stress, which has the potential to cause long term anxiety as having elevated stress for extended periods of time can make some people more susceptible to developing anxiety disorders. Overcoming work anxiety is typically much more difficult to avoid when you need to work to sustain your livelihood. But it is not impossible. It merely takes imagination, a little bit of fun, and the willingness to motivate yourself every day to address your anxiety symptoms. How to Overcome Work Anxiety Work anxiety is never just work anxiety. It often bleeds into your home and personal life, and if it continues without management for too long, you may also develop anxiety that often lasts long after you leave your job. While all of these characteristics might not apply to you, the information should still provide you with tips of how to properly manage your anxiety at work. For the purpose of this article, we will make a few assumptions, which include the following: You are currently at a job you cannot leave, because you have not obtained a new job or you need to stay for family reasons. You are employed for a company that utilizes cubicles or offices. Despite not fitting the mold exactly, retail, restaurant, and work-from-home jobs should still relate and be relevant based on the suggestions below but how you integrate them may change. You are good at your career. Having high career aspirations is still a very important aspect of overcoming anxiety. If you fail to even try to succeed at work, it can impact your anxiety negatively. You are not anxious about finances; this kind of work anxiety is related to a different kind of anxiety in general. Financial anxiety can be overcome by changing priorities and properly budgeting. We understand that some of you are not paid what you are worth, which can incite anxiety. However, for the sake of this article, we will assume your finances are stable or not a cause of anxiousness. An important distinction is remembering that you get to decide how important your work life is to your grand scheme of life. Work itself is often a means to an end. Those of you who find yourselves anxious about work often place too much value on what occurs at your place of employment. By all means, we are not saying that your job is worthless; however, it should not start to take more value in your life than your health, family, friends, and other life ambitions. Remember the purpose of work is to be capable of living an enjoyable life. Changing your priorities with how you view your job might result in decreased work anxiety. With those caveats out of the way, the following are several strategies for overcoming work anxiety: Stay Busy After Work The tendency is for those with work stress is to go home and try to rest it off. However, this can inadvertently make you only think about your long, anxious day as you get lost in your own thoughts. Ideally, you should do your best to stay busy after work by spending time out with friends and family and replacing your feelings of work anxiety with new, better memories. Try to avoid moping, and instead live a great life so that your work does not consume it. It also tires muscles to weaken anxiety symptoms and there is some evidence that it burns cortisol - the stress hormone - as well. Exercising before work can reduce stress throughout the work day, and exercising after work can stop the stress from affecting you when you get home. Make Work Tasks a Game Another valuable strategy is to learn to make your tasks into challenges for yourself. Most workplaces have boring, menial tasks. You can time yourself to see how quickly you can complete these tasks, or see how many you can complete in a set time. There are various ways to turn your work into a game, and doing so will give you the opportunity to both accomplish more while at work and make your work slightly more enjoyable. Make Your Stresses a Game One strategy that many people find enjoyable is to take the things that stress you at work and turn them into a game. For example, making a Bingo card out of all of the issues that come up that cause you stress - like a criticism by the boss, a reward to a coworker slacking off, a rude customer, and so on. Try to come up with as many specific issues as possible, and then turn them into a Bingo card. If you get a Bingo, treat yourself to something nice. This will cause you to actually hope that certain things happen to you so that you can treat yourself to the reward, and possibly change your mindset about what is occurring. Work Stories Creativity is one of the greatest parts of the human experience, and a great tool for reducing anxiety. If

your work day constantly provides you with nightmares or embarrassing stories, make it your goal to create stories based on them. That way - when something anxiety-inducing happens - you will be able to come home and write something interesting about it; ultimately, turning a negative into a positive. Inside Jokes With Yourself Another strategy is to try to create inside jokes with yourself. Overall, your intention is to make your workplace a less serious environment. Fake Being Okay Finally, a difficult strategy that can be very effective is simply faking it. Pretend that you are not anxious or bothered by what happens at work. This is otherwise known as cognitive dissonance, where the mind can actually adapt to the way you act. If you act like a great, confident, happy employee every day even when you are genuinely not, you may start to feel the very same positive emotions that you are pretending to experience, ultimately reduce your anxiety that way. Keep in mind that this might possibly cause your anxiety to heighten; so if you do not think you can keep on pretending, stop. These types of strategies may seem unusual, but they can have a very genuine effect on work anxiety. If your anxiety leaks into other areas of your life, it may be time to consider treating all of your anxiety as a whole as well. Learning anxiety management strategies can be a great way to target workplace stress.

3: How to Have the Best Day of Your Life (No Matter What)

11 Ways To Feel Better At Work Every Day. By Carolyn Steber. You spend a heck of a lot of time at work, so doing what you can to feel good all day is totally worth the effort. Take care of.

Sleep is crucial for a healthy life. According to the National Sleep Foundation, women between the ages 30 and 60 average less than seven hours of sleep per night. A wide variety of issues keep women from sleeping long enough or sleeping well. Menstruation, pregnancy, concerns for children, job stress, relationship anxieties, and other health issues can all contribute to general sleep problems for women. Even when women do get enough nighttime rest, many of them feel sleepy throughout the day, particularly in the afternoon. Why does this happen and is it unhealthy? Not surprisingly, some of these people admit to sleeping at work. While in other cultures, napping is considered a natural part of the day, in the United States, it is still often viewed negatively. A variety of culprits may contribute to a desire to take a mid-afternoon nap including: A major loss of sleep affects a person as seriously as alcohol by impairing mental judgment, shortening reaction time, increasing temper, and creating difficulties with physical performance. Feeling tired at waking can also be a result of too much sleep. People who sleep more than eight hours per night on average do not live as long as those who sleep a sound eight hours, according to the National Sleep Foundation. There are lifestyle changes that can definitely affect how you feel during the day, whether sleepy or energized. So, on those days consider some of the following strategies for staying awake and alert. For adults, an average of seven to eight hours of sleep per night is ideal. Meals filled primarily with carbohydrates have the same effect on the body later as sugar and caffeine. Putting off boring work until the afternoon will definitely result in desiring a nap. Afternoon meetings are best when there is high energy as well as creativity involved. Exercise gets the blood flowing and the brain working. It is also an overall health positive for every person. Working out during the day allows most people to sleep better at night, too. It is challenging for a body to catch up during the afternoon if only one meal has been eaten. Often when a person feels tired due to stress, meditation not only helps relieve the stress but also refreshes the body. Water refreshes and revives tired bodies. As previously stated, there appears to be a real positive to napping—a reduction in heart disease. Unfortunately, American business does not necessarily condone napping, let alone promote it. Typically, it can be accomplished even while sitting in a chair. The timing of a power nap is around minutes, although it varies by person. Some people can shut their eyes for 10 minutes and wake up perfectly refreshed. The key to power napping is being able to relax immediately and deeply. For most people, this takes some practice. Always avoid caffeine or other stimulants the hour before napping. Background music can help speed up the relaxation process. A power nap around 2 p.m. Feeling Sleepy All the Time When a person is sleepy all the time, there may be a more serious issue involved and a doctor should be consulted. The quality of sleep at night directly affects how someone feels all day. Insomnia is common in the United States. The insomnia may be related to stress, physical issues such as sleep apnea when a person stops breathing during sleep, sleepwalking, restless legs syndrome, or night terrors. Depression is another possible concern. Strategies for Overall Better Sleep When having problems sleeping, a person should consider trying the following: Avoid caffeine and sugar the last few hours prior to going to bed. Establish a regular sleep time and routine. Going to bed around the same time every night allows the body to develop a routine and expect sleep. Exercise regularly but avoid exercise within two hours of going to bed. Sleep in a peaceful, comfortable environment with little or no lighting and low noise levels. Falling asleep while watching television or listening to loud music is not healthy for the sleep process overall. By following the above suggestions, a healthy sleep pattern will result in a healthier, happier life. Naps can certainly be part of that pattern and appear to be beneficial in the short and long term. As with all health-related issues, a combination of a balanced diet, the right amount of sleep and exercise is ideal for everyone. Are You Smart About Sleep? Do you wake up feeling rested on most days of the week, or are you just not a morning person? Your sleep habits can even affect the number on the scale. Sign up for our Healthy Living Newsletter! Thanks for signing up for our newsletter! You should see it in your inbox very soon. Please enter a valid email address [Subscribe](#).

4: 7 Strategies to Deal With Work Anxiety Today

Deborah Brown-Volkman really explains how to feel great at work everyday with her six easy steps. If you want to raise your energy at work this book is a must. Order it today!

How to have a great day almost every day! As I practice the positive, healthy behaviors and attitudes I write about, I enjoy more happiness and more success! I sleep better, feel better, and more opportunities come my way. I make greater progress towards my goals, and my co-workers are more pleasant, or so it seems to me thanks to my positive outlook. Decide to have a good day. Completing a simple task or accomplishing a personal goal feels great! Better yet, spend time working towards one of your goals. Stop stereotyping your day. I often hear people express dread when Monday comes around again, as if Monday is inherently a bad day. You can have a great Monday and a terrible Friday. Let the little things go. So someone cut you off in traffic or you spilled coffee on your shirt. Do either of these events have a significant impact on your life? Do you still have a job? Perhaps you feel disappointment. Acknowledging these feelings as simply feelings can keep negative emotions from defining your day. Disappointment can be disappointment, and you can still be happy and have a great day! I believe in progress. Nobody has a perfect life and no one ever will. I love your comments! How do you have a great day? What does a great life look like to you?

5: How To Feel Great And Do Your Best Work Every Day! - Life Success Engineer

Six Steps for Creating a High-Energy Success Plan for Your Career, How to Feel Great at Work Every Day, Deborah Brown-Volkman, luniverse. Des milliers de livres avec la livraison chez vous en 1 jour ou en magasin avec -5% de réduction.

Shutterstock Want to be happier? Begin by being good to yourself. That may sound self-evident, but too many people skip this step and try to make themselves happy by chasing ever-higher goals, or holding themselves to ever-greater standards of perfection. In fact, the happiest people go out of their way to treat themselves right and they do something nice for themselves each day. They set appropriate boundaries and take care of themselves by saying no to things when they need to. Commit to doing one nice thing for yourself every day. Keeping that commitment will bring real benefits, she says. That is, listen to how you talk to yourself, and the internal tone of voice you use. Accept yourself as you are right now. For starters, that means accepting the body that you have today. Eliminate toxic people in your life and workplace. This may be easier said than done, but avoid tying yourself to clients, business partners, investors, or employees who make you unhappy. So I bought some and I ate them. Give yourself a welcoming space. For years, Schwartz never made her bed, simply throwing the covers over it. Now she makes it every day for a simple reason: Make it as orderly as you can. Try to work in a place where you have access to natural light, she advises. Either way, make sure to get outside for a walk as often as you can. Buy premium products for yourself. Does this sound like you? But if you prefer the more expensive brand, you should go for it, Schwartz says. Jun 10, Like this column?

6: How to have a great day (almost) every day! | Live & Love Work

How To Feel Great At Work Every Day guides you through creating a practical plan to finding more energy to fuel your career. Instead of complicated suggestions and ideas, this book offers easy-to-understand steps you can implement in your career today.

It is based on scientific research, not ethics, religion or a preconceived notion of what a healthy diet should be like. Let me start by explaining a bit of terminology. A low-carbohydrate diet minimizes sugars and starches, replacing them with foods rich in protein and healthy fats. Processed, unnatural foods with artificial chemicals are avoided. LCRF is not a "diet." It is a way of eating that emphasizes the foods humans have evolved to eat for hundreds of thousands of years, before the agricultural and industrial revolutions. This type of diet is proven to work better than the low-fat diet still recommended all around the world. You should limit the following foods. Added sugar is addictive, fattening and a leading cause of diseases like obesity, diabetes and cardiovascular disease 1, 2, 3, 4, 5, 6. Avoid grains if you need to lose weight, including bread and pasta. Gluten grains wheat, spelt, barley and rye are the worst 7, 8, 9, 10, Seed and vegetable oils: Soybean oil, corn oil and some others. These are processed fats with a high amount of Omega-6 fatty acids, which are harmful in excess 12, 13, Chemically modified fats that are extremely bad for health. Found in some processed foods 15, 16, Despite being calorie free, observational studies show a correlation with obesity and related diseases 18, 19, If you must use sweeteners, choose Stevia. They tend to be highly processed and loaded with sugar or artificial sweeteners. Agave syrup is just as bad as sugar. Foods that are highly processed are usually low in nutrients and high in unhealthy and unnatural chemicals. You must read ingredient lists. Healthy Foods to Eat You should eat natural, unprocessed foods that humans are genetically adapted to eating. Research shows that such foods are great for health 21, 22, 23, Beef, lamb, pork, chicken, etc. Humans have eaten meat for hundreds of thousands of years. Unprocessed meat is good for you, especially if the animals ate natural foods like beef from grass-fed cows. Very healthy, fulfilling and rich in omega-3 fatty acids and other nutrients. You should eat fish preferably fatty fish like salmon every week. Eggs are among the most nutritious foods on the planet. The yolk is the most nutritious and healthiest part. Omega-3 eggs are best. Contain fiber and many nutrients that are essential for the human body. Eat vegetables every day. Increase variety, taste good, are easy to prepare and rich in fiber and vitamin C. Almonds, walnuts, sunflower seeds, etc. Rich in various nutrients, but very high in calories. Eat in moderation if you need to lose weight. Cheese, cream, butter, full-fat yogurt, etc. Rich in healthy fats and calcium. Dairy from grass-fed cows will be rich in vitamin K2, which is very important for health 27, 28, Olive oil, butter, lard, etc. Choose saturated fats for high-heat cooking like pan frying, they are more stable in the heat. Coffee is healthy and very rich in antioxidants, but people who are sensitive to caffeine should avoid it. Avoid coffee late in the day because it can ruin your sleep. Tea is healthy, rich in antioxidants and has a lot less caffeine than coffee. You should drink water throughout the day and especially around workouts. No reason to drink a whole ton though, thirst is a pretty reliable indicator of your need. Carbonated soda without artificial sweeteners is fine. Avoid sodas with sugar and artificial sweeteners, fruit juice, milk and beer. Consume in Moderation These indulgences can be enjoyed from time to time. Dark chocolate is rich in healthy fats and antioxidants. How Many Carbs Per Day? This varies between individuals. Many people feel best eating very little carbs under 50 grams while others eat as much as grams, which is still low-carb. You can use these numbers as a guideline: If you need to lose weight fast. You can eat quite a bit of vegetables and one piece of fruit per day. If you want to achieve optimal health and lower your risk of lifestyle-related disease. There is room for several fruit per day and even a little bit of healthy starches like potatoes and rice. I recommend creating a free account on Fitday to log your food intake for a few days. This is great way to get a feel for the amount of carbs you are eating. Carbs in the diet are broken down into glucose in the digestive tract, then they enter the body as blood sugar. If you eat less carbs, you will need less insulin and glucose-lowering drugs. It is very dangerous if your blood sugar drops below a certain level hypoglycemia. If you have diabetes, consult with your doctor before reducing carbohydrate intake. Humans evolved as hunter-gatherers for hundreds of thousands of years. Our diet

changed drastically in the agricultural revolution, about 10,000 years ago. It is quite clear that humans today are eating a diet that is very different from the diet our ancestors thrived on throughout evolution. There are several "primitive" populations around the world that still live as hunter-gatherers, eating natural foods. These people are lean, in excellent health and most of the diseases that are killing western populations by the millions are rare or nonexistent 30 , Studies show that when people eat natural foods that were available to our hunter-gatherer ancestors also known as the paleolithic diet , they lose weight and see massive improvements in health 21 , 22 , 23 ,

The Hormone Insulin The hormone insulin is well known for its role of moving glucose from the blood and into cells. A deficiency in insulin, or resistance to its effects, causes diabetes. But insulin also has other roles in the body. Insulin tells fat cells to produce fat and to stop breaking down the fat that they carry. When insulin levels are high, the body chooses not to dip in to the fat stores to provide energy. On a Western, high-carb diet, insulin levels are high all the time, keeping the fat safely locked away in the fat cells. Carbs are the main driver of insulin secretion. A low carb diet lowers and balances blood sugar and therefore lowers insulin levels 32 , 33 , When insulin goes down, the body can easily access the calories stored in the fat cells, but it can take a few days to adapt to burning fat instead of carbs 35 , Low carbohydrate diets are very satiating. Appetite goes down and people start to automatically eat fewer calories than they burn, which causes weight loss The main advantage of a low-carb diet is that you can eat until fullness and lose weight without counting calories. Eat low-carb and you avoid the worst side effect of calorie restricted diets: Health Benefits of a Low Carb Diet It is a common misunderstanding, even among health professionals, that low-carb diets are somehow bad for health. But recent research suggests that there is nothing to worry about. The fact is that saturated fat does not cause heart disease. This is simply a myth that has never been proven 42 , 43 , Low-carb diets actually lead to more weight loss and further improvements in risk factors compared to a low-fat diet 45 , A low-carb diet, eaten until fullness, usually causes more fat loss than a low-fat diet that is calorie restricted 47 , 48 , One of the hallmarks of diabetes and the metabolic syndrome is an elevated blood sugar, which is very harmful over the long term. Low-carb diets lower blood sugar 50 , 51 , 52 , 53 , If blood pressure is high, it tends to go down on a low-carb diet 55 , 56 , These are fats that circulate around in the blood and are a strong risk factor for cardiovascular disease. Low-carb diets lower triglycerides much more than low-fat diets 58 , 59 , HDL the good cholesterol: Generally speaking, having more of the "good" cholesterol means you have a lower risk of cardiovascular disease. Low-carb diets raise HDL cholesterol much more than low-fat diets 61 ,

7: Ways To Snap Out Of Feeling Sleepy At Work And Home

If you could consistently feel great, imagine how much you could achieve. I want to share with you how you can feel great the majority of the time.

Turning them from a promise to myself into reality every day, no matter what life throws at me, takes a system. I thought I hated structure—I fought against it for most of my life. I hated being told what to do. Rather, they were those days when I felt good about myself because I grew as a person; days when I grew mentally, physically, and spiritually; days when I connected with someone; days when I helped someone. I also realize there were a lot of things I knew I should be doing. Things like exercising regularly, meditating, and reading. I found the mental fatigue caused by not doing those was way worse than any physical fatigue ever could be. I have goals in my life; for the person I want to be; for what I want to accomplish and give back to this world. The only way I could meet these goals was to develop a Daily Routine that would get me to my physical, emotional, and spiritual peak each day, and keep me there. Why is a daily routine so important? A recent study conducted by the American Psychological Association found that developing good habits is more important to meeting goals than self-control. So, the central question for behavior change efforts should be, how can you form healthy, productive habits? What we know about habit formation is that you want to make the desired behavior easy to do, so you repeat it until it becomes part of your routine. I need this structure to keep functioning at the highest level possible on all three planes of existence — mind, body, and soul. I need it to make myself a better person. My structure is ever-evolving, as I periodically review, assess, and adjust it. Waking up early is key to starting my day right and sticking to the rest of my Daily Routine. Many successful people are early risers, and there are many benefits to waking up early. Still not ready to commit? According to the Mayo Clinic, positive thinking helps manage stress and even improves your health. Are you enjoying this post? I made a free checklist for you to help put these principles into practice! Click the button below to download it right now. Remember to love and serve. It gets me out of my own head and connected to the Universe. I love this explanation about prayer from Hugh Macleod: Not only does it help cleanse and rehydrate me, it also helps me wake up. Having a glass of water first thing helps you avoid health issues caused by dehydration. Each of these contains a daily reading that helps center and inspire me. I thrive in my life and feed my soul with the reading I do daily. Then I realized I had so many preconceived notions about meditation that I simply had to try it. I can honestly say meditation changed my life. I meditate 11 minutes each morning without fail. There are so many mental and health benefits of meditation, but it goes even beyond the things you can see. As Leo Babauta from Zen Habits puts it: And that, in itself, is enough. You want me to hand-write three pages every single morning? They are as essential to me as anything else in my life. My Morning Pages help clear my mind and clarify my dreams, goals, ideas, and inspirations. These pages are about anything and everything that crosses your mind — and they are for your eyes only. Morning Pages provoke, clarify, comfort, cajole, prioritize, and synchronize the day at hand. Do not over-think your Morning Pages. Just write three pages of anything today, then three more pages tomorrow, then three more every day after. All the bad people, bad luck, and all the things that were wrong. Then, to counter that, I started writing out gratitude lists each day, and it cultivated an attitude of gratitude in my life. I like to think of gratitude as an action word. Practice gratitude and it will change how you see the world. Affirmations help you define your focus for the things you want to see in your life. They keep you focused on your goals, desires, and dreams. Most importantly, positive affirmations allow you to deliberately train and re-program your subconscious mind. Then, I write out why I want to accomplish them, and what specific actions I need to take to accomplish them. I visualize the day unfolding positively, and then go further into the future, picturing where and who I want to be. It gets my blood flowing and gives my mind a change of scenery. I connect with him, other people, and nature yes, we have nature here in New York City: Spending as little as five minutes walking in a natural setting results in large improvements in self-esteem and mood. So I came up with an easy solution to make it more manageable and help me read more. I simply read one chapter of one book each day. Click the button below to get it right now. Most days, I just leave him a message. Still, I make the call every single day, no

matter what. That simple act of accountability helps me in so many ways. Quality time goes beyond simply being there. It means putting my phone down and connecting with her. So I make sure I do something to show her how important she is to me. It could be as simple as a quick text or doing something around the house without her asking me. One of the greatest benefits of expressing appreciation is that it allows us to see others more fully. The more appreciation we express, the more we are getting out of self, the better we feel. I give myself two rest days to recover and focus more on other areas, even if those are simply getting in some down time to relax. Exercise helps me have more of the right kind of energy. It makes me feel better about myself and so much more. This was something I originally learned from James Altucher and Ari Meisel , and then refined into my own system. When you exercise your ideation and creativity muscle daily, you strengthen it. You clear up the mental clutter caused by ideas that may get stuck in your head. You may even come up with such a killer idea that will make you a ton of money, or even better, make a huge difference in the world. Well, the simple act of flossing taught me discipline and consistency. Then I realized I felt badly about that, and spent more time thinking about not flossing than it would have taken me to just floss. If you need to, you can even start with flossing one tooth per day and work up from there. Journaling at night allows you to do this. Benjamin Franklin used to ask himself this simple question each night: Nighttime affirmations put your mind in a positive state right before you go to sleep. They give you a feeling of confidence and clarity , while setting the tone for your next morning. In the words of Meister Eckhart: You just accept that for right now, things are fine as they are, but you can always make them even better. In between all of this, I work , I relax, and I do lots of other things. The healthier I am, mind, body, and soul, the more productive I am. The more creative I am, the more efficient I become. This Daily Routine has allowed me to be my most creative, efficient, and effective self. How About Your Today's and Tomorrow's? Even one positive habit done daily can be the basis for major change in your life. Please let me know in the comments below. Let me know what you are going to start with. Want to go further?

Drunk driving law Working sentences BASIC for IBM personal computers Statistics in civil engineering Patrick Henry, religious liberty, and the search for civic virtue Thomas E. Buckley, S.J. Modernity, space, and power Discovering Rouma (Childrens Books) Beautiful bastard christina lauren tuebl Fourth Grade Celebrity (Casey, Tracy Company) List of asl directional verbs filetype Advanced Information Technology (GNVQ) Integrated functional blocks Memory verse list Princess Sticky-Fingers Moths of Southern Africa Handbook of nursing problems Matlab primer 8th edition When God is a Customer Illustrated John Deere two-cylinder tractor buyers guide Rising from the waste Thermodynamic and Optical Properties of Ionized Gases at Temperatures to 100 Pelvic floor disorders The Vietnam volunteer Roe v. Wade and the fight over life and liberty Geometry surface area and volume worksheet Knowing gods will doing it! Vw sharan user manual Mommy Hugs (Classic Board Books) John Webster: a critical anthology Capitalism in Contention Financially managing the one-person business The ultimate guide to baseball cards A history of the evolution of hand lettering The collaborative construction of pretend The clearing heather davis Al-Mutanabbi (Makers Muslim World) A reappraisal of dialectic PELL of Oyster Bay Preparation of contagious bovine pleuropneumonia contingency plans Countries and capitals worksheets