

How to Improve Your Day

Have you ever had a bad day? Wouldn't it be nice if every day was a good one? Doesn't it figure that our day starts out well, and then we get some form of bad news and our whole day is shot? While we usually can't control the things that happen to us daily, we can learn ways to not allow the events or people to shape our attitudes.

Bad moods typically start first thing in the morning. You may be awoken by an alarm blaring in your ear and decide you want to go back to sleep for just five more minutes. Instead of grumbling while you get out of bed, why not try something new? How about starting with choosing to focus our mind on something positive first thing in the morning? This could be an upcoming vacation or other event, or even speaking affirming words. It's pointless to be a grouch over things in which we have no control.

When you start out with a bad attitude in the morning, it's easy to keep it all day. A bad attitude may lead to poor performance at work, so why compound your day with more stress? Maybe it's time to apply energy elsewhere than having negative thoughts? How about putting that negative energy into a workout routine, go for a brisk walk, or blowing off some steam in another manner? For us women, we like to "vent" to one another. Why not call a friend who can lend you a sympathetic ear?

Focusing on the positive energy will not only help with your day's outcome, you will feel better while doing it.

Here are five thoughts to help you improve your day:

1. Start your day off with a positive attitude.
2. Smile at least one person you meet in the office, on the street, at the grocery, etc.
3. Read the comics from the newspaper and laugh.
4. Sing while you are taking your morning shower.
5. Treat yourself to your favorite coffee, a candy bar, or a big bowl of ice cream for no reason.

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