

# TODAY IS MY DAY

## **Today is my day.**

I use my time wisely. I figure out my priorities. I get organized. I act intentionally. **I am grateful for each experience and make the most of each day.**

I take care of my health and wellbeing. I go to bed early, so I can get 8 hours of sleep each night. I eat healthy and exercise regularly.

I continue learning. I read books and travel. I take courses online or at local universities. I talk with others about their hobbies and careers.

I give generously. Helping others gives me joy and satisfaction. I volunteer in my community. I do yard work and errands for elderly neighbors. I put bird feeders and heated water in my backyard for birds in the winter.

**I spend time with my loved ones.** I hang out with family and friends. I read to my children and plan weekend outings.

I express my creativity. I work on my

hobbies. I draw and paint. I play musical instruments and cook gourmet meals. I work in my garden and redecorate my living room.

I challenge myself. I tackle difficult tasks that help me to grow personally and professionally.

I lighten up. **I set aside time to laugh and play.** I take relaxing breaks. I see the humor in difficult situations.

**Today, I engage in meaningful activities and enjoy each moment I am given.** I believe in myself and follow my dreams. I am happy and successful.

## **Self-Reflection Questions:**

1. What is one new thing I want to try today?
2. How can slowing down help me to stop wasting time?
3. What can my children teach me about enjoying life?