

7 Useful Practices to Kick Start Your Day

Our hectic lifestyles often have us running around in circles wondering what to do next. It's not that we don't have an agenda in place; it's that we often feel scattered or derailed when a wrench is thrown into the plans.

1. Upon rising take a minute or two to stretch. Stretching increases muscle flexibility, which improves daily performance and overall movement. It also increases blood flow to your muscles and your brain, while at the same it relaxes you, thus easing tension and stress.
2. Take a moment for mindfulness reflection. After stretching, slow down your breathing by taking in a few deep breaths and then concentrate on how you feel, what you see, and what you smell. Not only will being mindful sharpen your
3. Have a little book of inspirational quotes or passages handy. Have some inspirational quotes handy from which you can choose one appropriate for the day ahead. For example:

"In the confrontation between the stream and the rock, the stream always wins - not through strength, but through persistence." Buddha

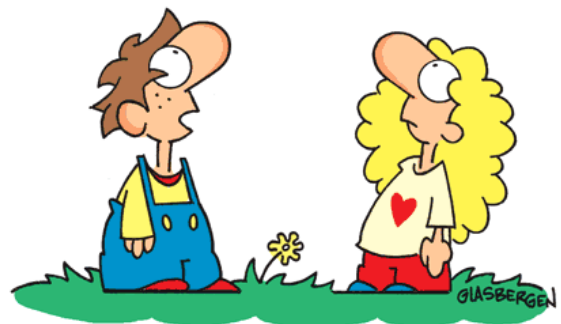
4. Visualize a successful outcome for the day. Go over what you want to accomplish for the day and visualize it turning out well. Of course there are always little glitches to contend with, so see yourself dealing successfully with anything that may threaten to get in the way.
5. Take a moment for gratitude. Acknowledge all the good things you have going for you – your health, your family, your opportunities and everything else going well in your life. When you appreciate what you have, somehow more good things find their way to you.
6. Let go of any negative thoughts or grudges you may be harboring. Know that harboring ill feelings or negativity towards someone will only drag you down and prevent you from being at your best. Keeping your head clear will leave room for creativity and all the productive things you want to accomplish for the day.
7. Come up with a personal positive affirmation to motivate you. Invent a slogan, or saying, that pertains to you and will inspire you to be at your best. It could be something like, "I endeavor to make a positive difference whenever I can," or, "Challenges help me grow". It has been shown that positive affirmations (realistic ones, of course) serve as a great tool to program your subconscious mind to help you perform well and have a productive mindset.

Source: <http://www.essentiallifekills.net/7-Useful-Practices-to-Kick-Start-Your-Day.html>

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"A butterfly is a caterpillar with a positive attitude!"