

more.



An E-Handbook to Get You Through Your Day

Table of Contents

4 Meditation

6 Do Your Best

7 Focus

8 Intention

10 Unconditional Love

11 Self-Care

12 Anonymous Giving

Table of Contents

14 Forgiveness

15 Attitude

16 Sleep



4

Meditation



5

Just sit somewhere and close your eyes. Focus on some sound that soothes you.



Breathe and relax. Do this for five minutes. if possible, try to take this practice outdoors.

Do Your Best



Do the next right thing that comes along.

When you do your best at anything you do, your self esteem begins to rise.

- Do the small things, such as**
- **Sending a kind email or text to someone**
 - **Picking up garbage on the sidewalk**
 - **Tip the guy pumping your gas just because**

Practicing acts like these, build character, and ultimately, make you feel GREAT!



Focus

Be more mindful about what you are giving your attention to. The law of attraction states that what you focus on, manifests. So if you like what you are looking at or listening to, then continue looking at it or listening to it.

If you don't like the way you feel when you are thinking certain thoughts or looking at certain things, do not give them anymore attention.

8

Intention



9

Have intention for how you would "like" your day to go. Don't just live "by chance." Decide how you want to feel all day long.

Make "feeling good" a priority. Intend on showing up for your day with the best possible attitude and intend to be the sunshine in other people's day.





Unconditional Love

Today, decide that you love yourself. Be kind to yourself. Love yourself for all that you have become.

You are a beautiful person and you were brought to this world and were created by unconditional love.

When you love yourself unconditionally, you can then love everyone else that way too.

Unconditional means no one has to be different than they are in order to "feel good".

I feel good because I choose to and I love you for the beautiful person that you are. I love myself too.



Self Care

Self care is the most important part of your day. Start your day with a 5 minute meditation. Take a hot shower in the morning. Listen to some soft jazz while you make breakfast. Be thankful for the home and car that you have. Take a minute to listen to the birds singing and the sun shining on you before you head to work.

If you don't feel like cleaning the house on a specific day, then don't do it. Do it the following day. Try to get a walk around the block or a workout in a few days a week. Get enough rest for your body. Feel grateful for yourself in this world, because you are important! You have to come first, before anybody else. If you come first, you will have plenty to give to everyone else that needs you.

12



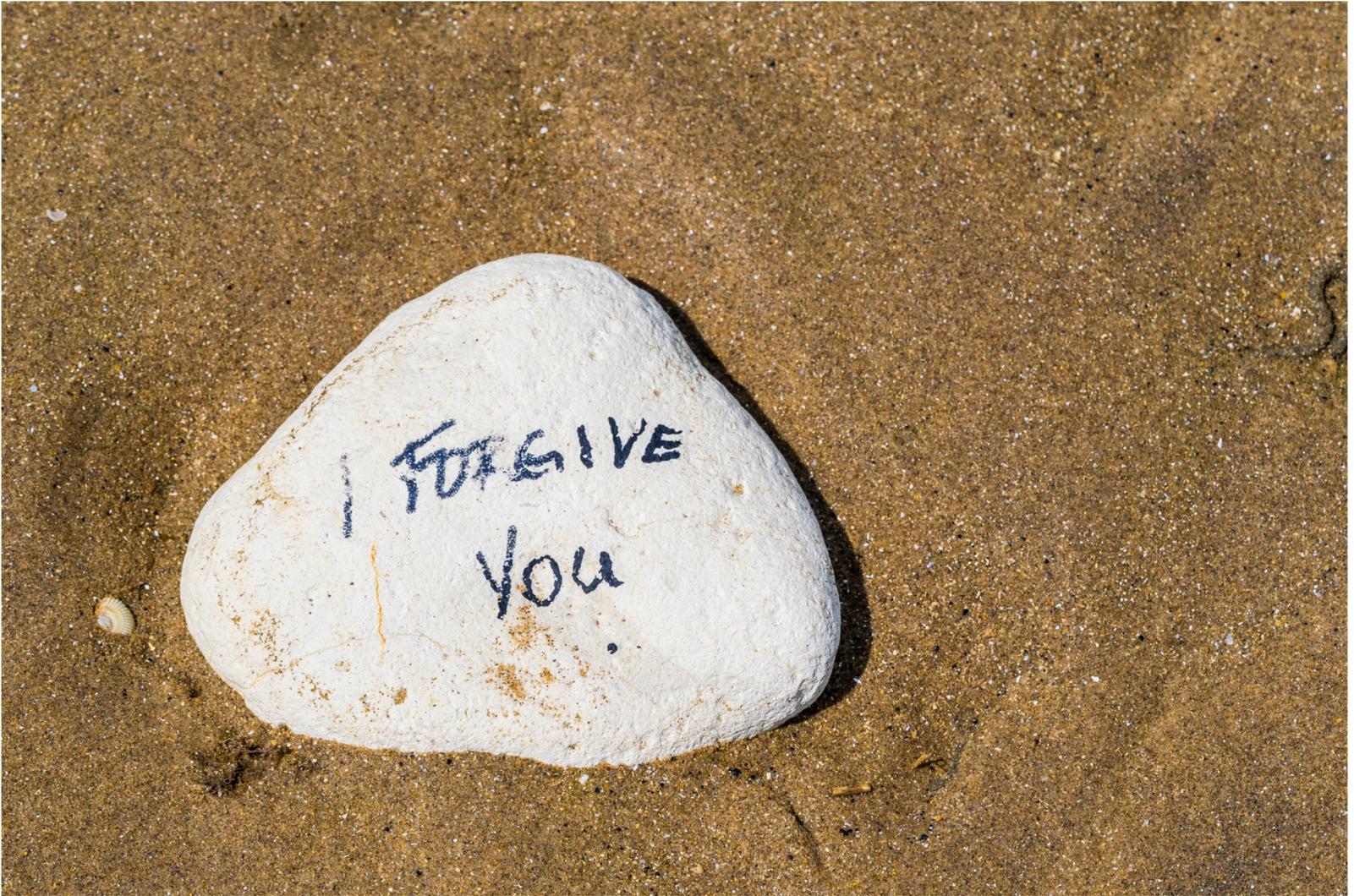
Anonymous Giving

My favorite thing to do! It is the best kept secret to a blissful life. Anonymously giving to people is something that your life is probably missing. Take a little bit of money each week and buy someone a cup of coffee without them knowing. Leave money on someone's car windshield. Buy a few Hallmark cards and write some inspiring kind words.



Leave the cards on the table for your server at a restaurant or grocery store clerk. Give something nice away that you own, just because. Doing kind things for people "just because" feels wonderful! (Don't tell anyone that you did it). You are doing it for you, not to brag about what a kind person you are.

Forgiveness



Forgiveness is something that you can do anytime you want to relieve stress. First, start with forgiving yourself. Then, make a list of some people that you may be holding resentment towards. One at a time, take time to forgive them in your heart. Release them from your heart. They don't have to know that you did this.

But promise yourself that from now on, you will only think kind thoughts of this person. Forgiveness is a gift that you give to yourself, not to them.

Attitude



Your attitude is the reason you feel the way you feel about everything all day long. If you decide that you will do your best to have a positive attitude everyday, things will work out for you in all areas of your life.

It's time to take control of your life. It's no one else's responsibility but yours. Stop blaming the traffic, the pandemic, your spouse, and your kids for your unhappiness. It's not their fault, it's your attitude towards them. Change your attitude- change your life.

16

Sleep



Last but not least, SLEEP! The most important thing that you can do is to make time to get some quality rest. Your mind and body need rest.

Great ideas can't come to you if you are always exhausted. If you are having a tough day, take a nap. Get to bed early and make sleep a priority. You need to rest so that you can be your BEST SELF for the world.

