

ONE DAY AT A TIME

FINDING JOY - LOVING LIVE

SOMETIMES OUR EVERY DAY STRUGGLES AND CONCERNS CAN CONTROL OUR LIVES, AND WE MAY FEEL OVER-STRESSED AND/OR OVERWHELMED, LEST WE FORGET TO “STOP AND SMELL THE ROSES” OR TO FIND JOY.

FOR PEACE AND ENJOYMENT

VISUALIZE A GREAT DAY IN THE MORNING AND FOCUS ON THIS THOUGHT THROUGHOUT THE DAY.

FIND JOY BY LOOKING FOR SOMETHING THAT MAKES YOU FEEL GOOD, SUCH AS A FUN ACTIVITY OR SITTING IN A HOT TUB.

BE THANKFUL FOR WHAT YOU HAVE; FOCUS ON THE POSITIVES RATHER THAN THINKING OF NEGATIVES.

BE PATIENT WITH YOURSELF BY SETTING REALISTIC GOALS.

LOOK FOR TRANQUILITY WHEN STRESS IS TAKING OVER, SUCH AS BY DEEP BREATHING, MEDITATION, OR PICTURING A SOOTHING VIEW.

DO ONE THING AT A TIME AND ENJOY THE WHOLE PROCESS.

ORGANIZE YOUR SURROUNDINGS AND GET RID OF CLUTTER THAT CAN OVERWHELM YOU.

ACCEPT SOMETHING AS IT IS, IF A CHANGE WOULD BE TOO OVERWHELMINGLY DIFFICULT.

FORGIVE A TRANSGRESSION OR HURTFUL ACT BY NOT DWELLING ON IT AND ACCEPTING THAT WE ARE NOT RESPONSIBLE 4 OTHERS.

DO SOMETHING FOR OTHER PEOPLE WHICH HELPS US FEEL USEFUL.

DO SOMETHING 4 YOURSELF, AS YOUR LIFE MAY FEEL MORE SIGNIFICANT.

FIND SOME QUIET TIME 2 RELAX YOUR MIND & ENJOY SURROUNDINGS.