What Kind of Day Will You Make Today?
What you pay attention to grows

Before starting your day, take a moment to reflect on the following:

1. **What kind of day will you have?**

   How you are really feeling will influence the kind of day you will have.
   - Feeling great!
   - I am feeling off…
   - I am feeling way off…

2. **What is leading to your feelings?**

   - It is important to stay connected with the good in your life so that you can keep perspective when things are hard.
   - What are you actively going to do to make today the best day you can?
     - Set out to do the things that will make today amazing.
   - How is your current mood going to impact your day and your interactions?
     - What do you need to do to address any possible barriers before interacting with others?
   - Who will you have to work extra hard to engage with today?
   - Who or what is your go-to for a mood pick-me-up, if needed?
   - What is inside of your control?
     - Give this your energy.
   - What is outside of your control?
     - Acknowledge it is hard and let it go.
   - What is one thing you can do to positively impact your day?

3. **What is one good thing you can do for yourself?**

   - Relax your body (take an extra two minutes in the bathroom if necessary).
   - Notice your breathing - is it shallow? Take some deeper breaths and let out slowly.
   - Gratitude - Think about what you are grateful for and write it down.
   - Practice noticing the goodness in others, even if it is small.
   - Complete an act of kindness.

4. Take time at the end of the day to reflect on the day you made today.

- What stood out as the highlights?
- What is a win for the day?
- Did you take time to laugh?
- What was hard and how did you handle it?
- What is a positive that you can carry into tomorrow?
- Is there anything that needs to be adjusted and intentionally changed tomorrow?
- Give yourself a high-five or some praise for making it the day you set out to have!

For other resources, go to: prevea360.com/realgoals

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