

Do you know what you need to have a great day? Have you ever even considered the question?



Great days rarely happen just by accident. They usually require a little preliminary work if you want to make them worth remembering. Just as the path to a great body is pretty simple (though not easy), having a great day can be pretty simple, too.

If your life seems too rushed, complicated, and unfulfilling, a simple routine might be all you need to get yourself on the path to having a better day.

Follow these steps and have a great day:

1. **Stretch a little before getting out of bed.** Dogs and cats stretch before taking a single step. Try doing the same. Your body is likely cold and stiff first thing in the morning. Take two minutes to get your body started.

2. **Drink a large glass of water.** Even though you didn't do anything last night besides sleep, your body is constantly losing water through your skin and breath. Water is also used in many processes, such as digestion. So you're dehydrated when you first wake up. You'll feel better and more alert after a tall, cool, morning beverage.

3. **Read or listen to something inspiring. *Motivation and inspiration are important components of any great day.*** Whatever it is that works for you, take a few minutes and get yourself motivated for the day.

- For example, maybe the theme from the movie "Rocky" makes you feel like you can take on the world. Perhaps you prefer to read something profound or listen to an inspiring podcast.

4. **Choose one big task to complete today.** It's common to have a list of items to accomplish each day. The challenge with a long list is that some items invariably won't be completed, which often results in frustration.

- ***Choose one super important task to complete, and then check it off your to-do list!*** You'll feel a great sense of accomplishment.

5. **Remind yourself of the things that fill you with gratitude.** Your family, home, and good health could all be reasons to be thankful. Most of us spend too much time annoyed by the things we don't have, rather than what we do have. The vast majority of the world's population likely has less than you. Cheer up!

6. **Assess your attitude and make adjustments.** Are you worried about the future? Focus on the present moment instead. Are you angry at your co-worker? Forgive them or come up with a solution to resolve the issue.

- ***Forgiveness has been shown to be good for your blood pressure and consequently, your heart health.***

7. **Spend time with someone you love.** It could be a spouse, partner, family member, or friend. There's a reason you love them, so spend some quality time together. Quality time probably doesn't mean watching the news together. Find an activity that requires interaction.

Take responsibility for creating a great day for yourself. Think about additional things you can do each day to make it better. Perhaps taking a walk during your lunch break or keeping a journal will make your life more enjoyable.

Ask yourself what it would take to make your life better. ***With a few simple steps, you can greatly increase the odds of having an awesome day.*** Maybe your best day ever will be today.

With Love and Light,

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