Helpful ideas for a good day.

When you wake up in the morning spend a few minutes on focusing on the things you feel good and grateful about. No matter what they are.

It might be your relationships with other people, your work, your health, your pets, and it could also be your warm bed etc. It doesn't matter what your focus is as long as it creates feelings of love, joy, and gratefulness.

Spend a moment on planning your purpose for the day. No matter what your plans are. What are you looking forward to? What fun, encouraging, creative or happy plans do you have for the day? How will you add something to other people's lives? Even before getting out of bed you are able to ensure that your day will be happy and health-giving.

When the day is almost gone – before falling asleep – focus on the beautiful moments you experienced during the day, big things as well as small ones. A hug from a friend, a smile from a stranger, loving feelings you had etc.

Let go of everything that could harass you and focus consciously on things you are grateful for today. Fall asleep with a blissful smile on your face and a warm heart, this way you will feel great when you wake up.

Thank you for everything which brings peace of mind.