

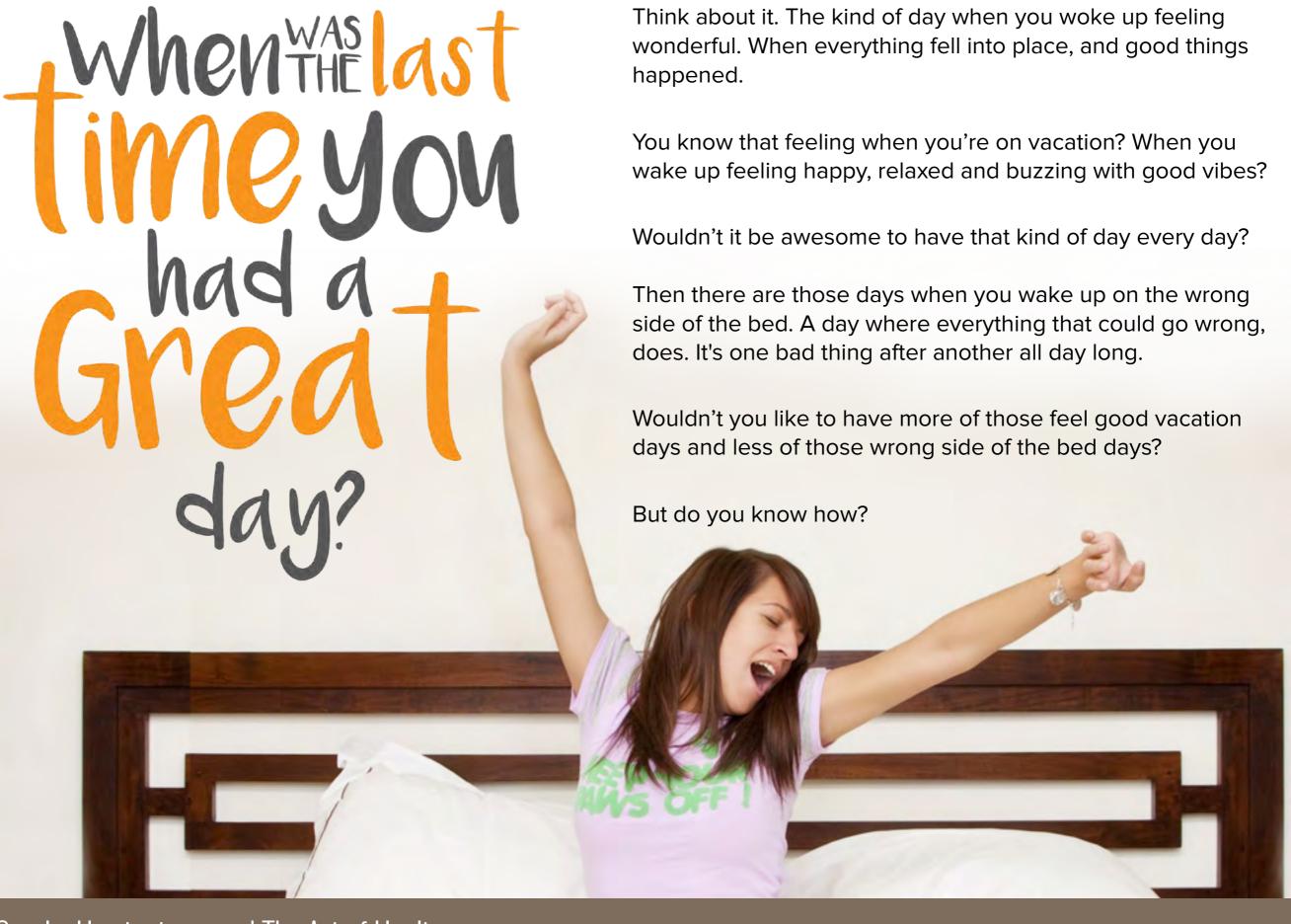
#### How to make EVERY DAY

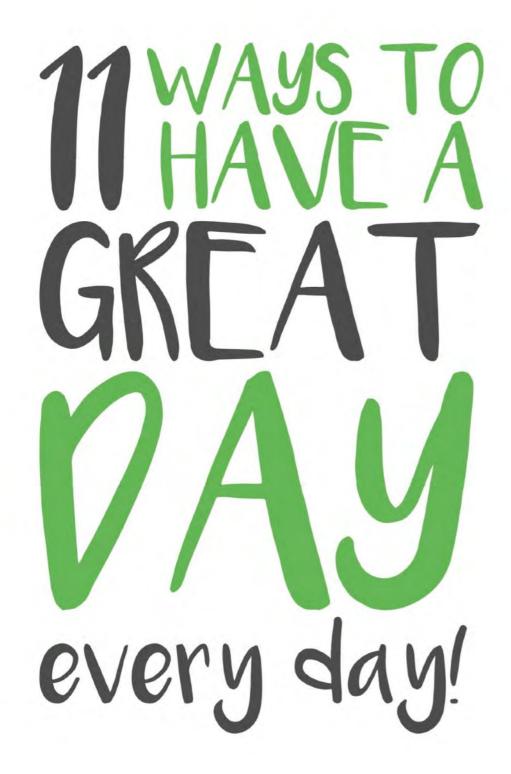
Your Best Day Ever!



# Table of COVICIONS

Introduction	3
Make It A Choice	5
<u>Smile</u>	6
Banish Negative Thoughts	7
Pay It Forward	8
Eat Foods That Have Energy	9
Move It	10
Exercise Your Brain	11
Give Thanks	12
Just Believe	13
Break Up With Your TV	14
Turn It Up	15
About The Author	18





Believe it or not, there is a science to having a good day.

Here are eleven practices you can start incorporating into your life so experiencing great days aren't just left up to chance.

Of course, in life there are no guarantees. But you will find that the more you follow these practices, the more days you will experience feeling tickled pink, pleased as punch, and larger than life!

Don't stress yourself out trying to do these every day. Stressing about it will only work against you and bring on more of the bad days.

Try incorporating as many as you can into each day. Your days will begin to change for the better.

Come on, what are you waiting for? Let's get started!

## Makeita CHOICE

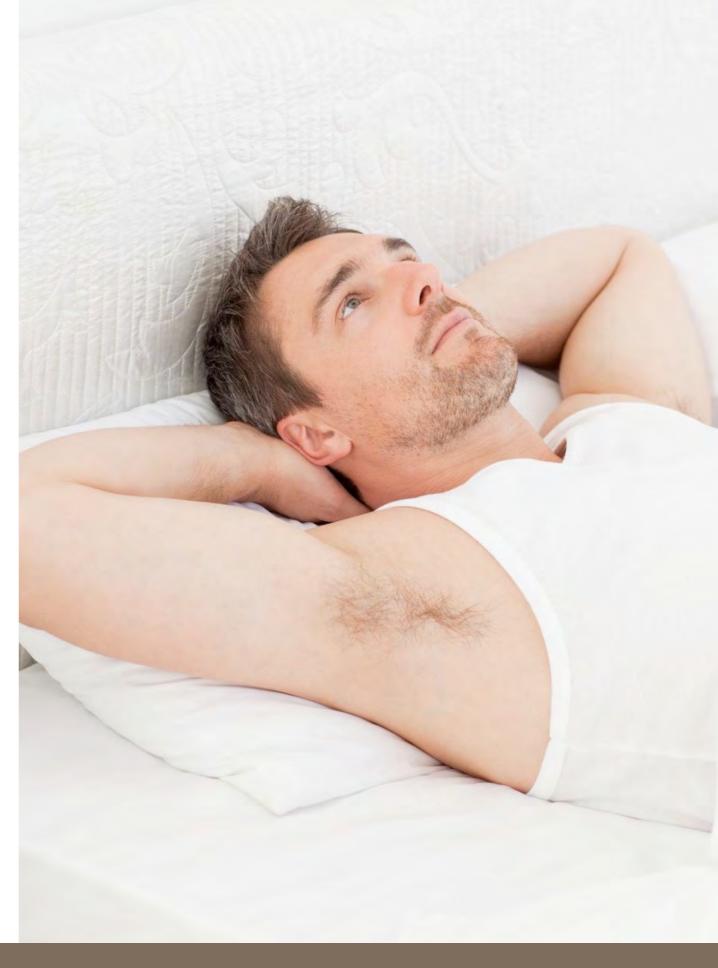
The first thing you need to do is wake up each morning and make it a choice to be happy.

Seems simple, but it makes a difference.

In life, we all make choices every day. Why not make it a choice to have a great day?

Start by speaking it out loud in the morning. By saying, "I am going to have a great day today" or "Thank you for this perfect day", you begin to start a pattern. It puts you in the right frame of mind to begin your day.

pont skip this important step!



### Smile

Even if you don't feel like it, your body benefits. Your body can't tell the difference between a genuine smile and a forced one. There is actually science behind this.

When you laugh, your brain releases endorphins. Endorphins are amazing chemicals in the brain that are capable of many wonderful things. They fight off stress and are appetite modulators. They release sex hormones and enhance your immune response. They can also lead to feelings of euphoria that can put you in a better mood.

Every time you smile, you fool your body into being happy.

Of course, it's better to find a real reason to smile. Try thinking of that funny scene in the last comedy you watched. Now try NOT to smile!

So keep smiling! It's contagious. Your smile will make other people around you happy too!





Put a smile on someone's face with simple acts of kindness. Share a kind word, pay a compliment, smile as you walk by, or reach out with a helping hand.

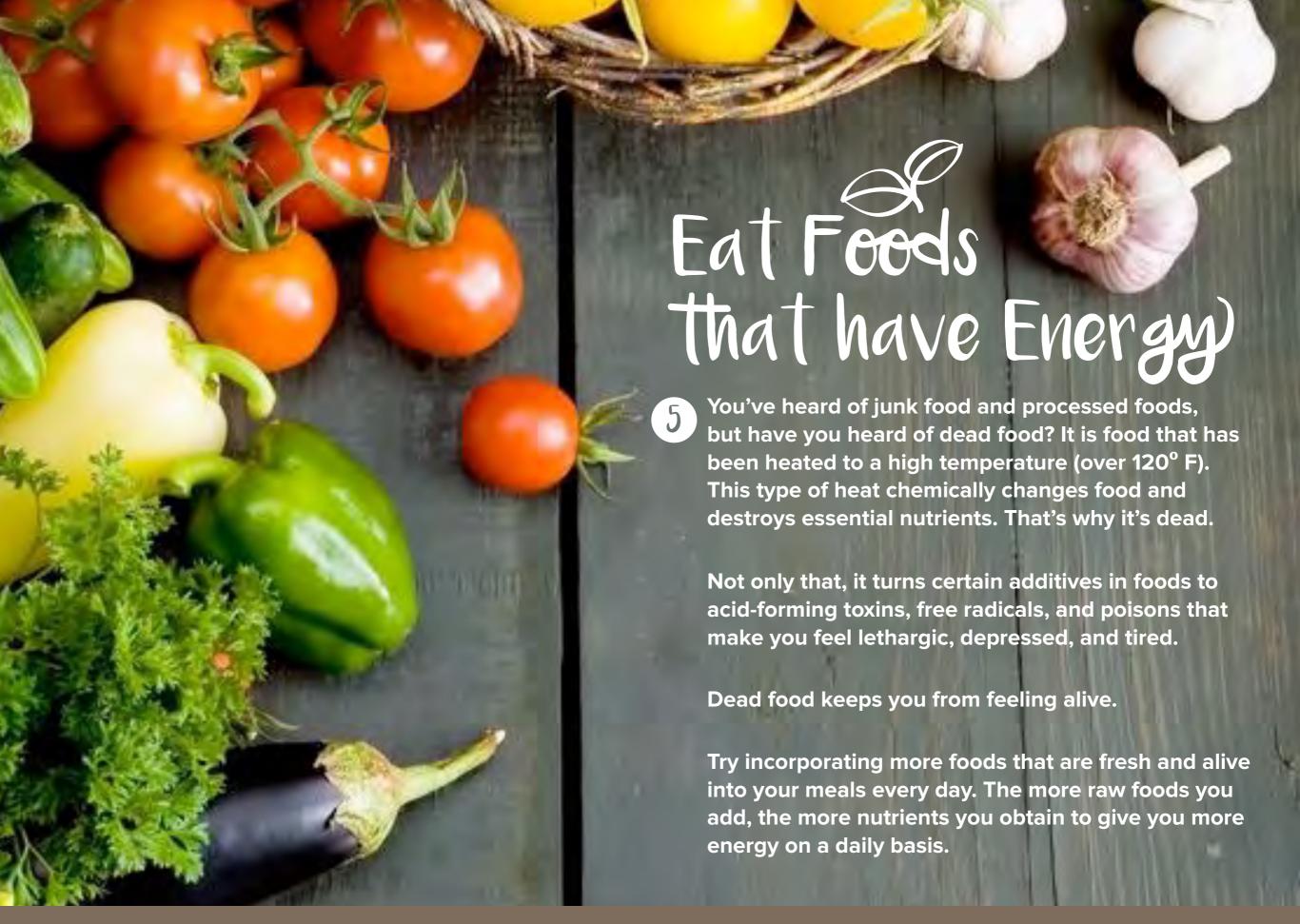
When we give to others, it helps connect us to other people which is a core need in all of us. It's an excellent way to feel better about yourself. The more acts of kindness you make, the better you feel.

The health benefits of giving was recently proven in two different studies. In one study, people were told to 'give' five times a day. It didn't matter how big or small the act of giving was. Over a period of 6 weeks, people in the study who 'gave' experienced an increase in their overall happiness compared to the control group who did not.

In another study, people were given \$5-\$10. Half the group was told to spend it on others. The other half was told to spend it on themselves. The result? The people that spent the money on others were found to be happier.

Giving is good! Scientists refer to this as the 'helpers high'. It's that euphoric feeling that's followed by a sense of calm people experience after they volunteer or help others. So share a smile with someone, anyone.





## -MOVEIT

Get up, go outside and get moving every single day.

Feel the warmth of sunshine and smell the crisp, fresh air!

Bundle up if you have to, but get moving! By moving your body and going outdoors, you keep your blood and other body fluids circulating faster. When you oxygenate your blood, it gives you more energy.

More power to feel positive!

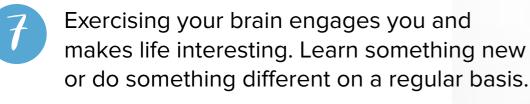


### Exercise Gydks KAIN

Are you into numbers? Try being creative and learn to play the guitar.

Want inspiration on how to acquire new skills? Check out these two sites:

- 10 Sites to Learn Something New in 10 Minutes a Day
- Learn Something New Every Day



Exercise both sides of your brain.

Are you creative? Try an analytical task like a Sudoku puzzle.





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Give thanks in all you do. Gratitude is a great way to boost your mood.

Unfortunately, humans are not hardwired for gratitude so it may take a bit of practice.

Start by waking up and giving thanks for at least five things each day.

Can't think of anything? Begin with the simple things like, "Thank you for this beautiful day" or "Thank you for the roof over my head."

You may want to keep a gratitude journal so you can quickly remind yourself. When you focus on what you are grateful for, you feel happier.

Be sure to think it and speak it out loud. If you don't feel grateful right now, here is a great blog post from <a href="https://happify.com">happify.com</a> about the science of gratitude and how to practice it.





#### Break Up Bwith your TV



Turn off the darn TV!

With so much negativity on TV, is it any wonder we are not all going out of our minds trying to be happy?

Reality TV is anything but real. All it does is negatively influence our behaviors, our self-image, and our values. All for the sake of higher ratings.

With 24 hour news, there is always something bad happening somewhere in the world.

When you constantly bombard yourself with violence, you feel insecure and out of control. Don't let TV drag you down the rabbit hole of negativity.



#### JITURN IT UPI

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Music can influence your physical capabilities. That is why people listen to an upbeat melody when they do aerobics, and play a lullaby when they want their baby to relax and fall asleep. It influences your mental state. Do you remember a time when you heard a song that brought back a happy memory from your childhood? I bet it brought a smile to your face.

Music is a vibration. If you listen to something that vibrates at a high frequency, it has the capability of stimulating you which increases your energy and vitality. On the other hand, if you listen to music at a lower vibration, it lessens your energy and vigor. We respond to music by resonating with it. So whatever it is you want to feel, listen to music that feeds your soul.



If you want to experience more good days than bad, it isn't that hard.

Incorporating these practices into your daily routine will help you feel happier, more fulfilled and content with your life.

So, what are you waiting for?

Make every day your best day ever!



### About the Author

Hi,

I'm Carolyn Harrington, founder of Maty's Healthy
Products and author of The Art Of Healing.

I believe we all have the power to heal. We are wonderfully created beings with an innate ability to heal our own bodies. Many people have just forgotten how.

I want to change that.

Join me by signing up to my blog or getting social with me on Twitter!

Did you enjoy this book? Know someone else who might benefit from it?

Sharing is Caring!







