



How to make  
**EVERY DAY**  
Your Best Day Ever!



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When <sup>WAS</sup> <sup>THE</sup> last  
time you  
had a  
Great  
day?

Think about it. The kind of day when you woke up feeling wonderful. When everything fell into place, and good things happened.

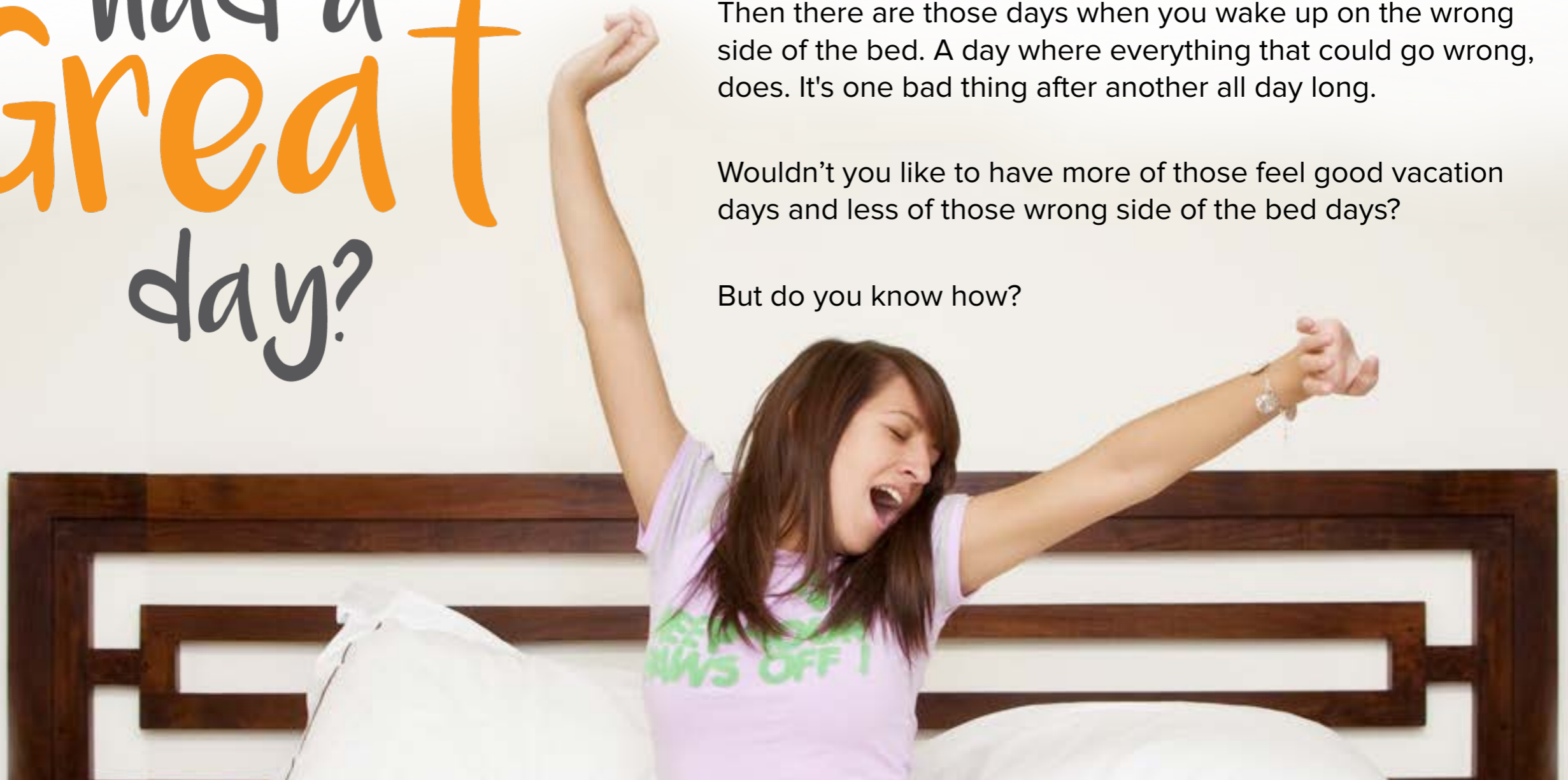
You know that feeling when you're on vacation? When you wake up feeling happy, relaxed and buzzing with good vibes?

Wouldn't it be awesome to have that kind of day every day?

Then there are those days when you wake up on the wrong side of the bed. A day where everything that could go wrong, does. It's one bad thing after another all day long.

Wouldn't you like to have more of those feel good vacation days and less of those wrong side of the bed days?

But do you know how?





# 11 WAYS TO HAVE A GREAT DAY every day!

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!

# 1 Make it a 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.

*Don't skip this important step!*





# Smile ☺

**2** 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!







# Banish Negative Thoughts

3

Do you find it hard to think positive?

Try creating a positive mantra. A mantra is just a word or phrase that you repeat to yourself over and over again. Have it ready for when those negative thoughts start creeping in.

Begin by creating your positive mantra. Such as “I am happy. I am loved. I am beautiful.” Then, when you begin to feel down, think of your mantra and keep repeating it.

Filling your mind with good thoughts leaves no room for the bad ones. Concentrating on your mantra will raise your spirits, lift your energy level, and squeeze out any negativity that could potentially drag you down.



# PAY IT FORWARD

4 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.







# Eat Foods That have Energy

- 5** You've heard of junk food and processed foods, but have you heard of dead food? It is food that has been heated to a high temperature (over 120° F). This type of heat chemically changes food and destroys essential nutrients. That's why it's dead.

Not only that, it turns certain additives in foods to acid-forming toxins, free radicals, and poisons that make you feel lethargic, depressed, and tired.

Dead food keeps you from feeling alive.

Try incorporating more foods that are fresh and alive into your meals every day. The more raw foods you add, the more nutrients you obtain to give you more energy on a daily basis.



# MOVE IT!

**6** 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 YOUR BRAIN

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Exercising your brain engages you and makes life interesting. Learn something new or do something different on a regular basis.

Exercise both sides of your brain.

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

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](#)





# Give Thanks

8

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 [happify.com](http://happify.com) about the science of gratitude and how to practice it.





# JUST BELIEVE

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When you believe your life is good, then it will be. If you don't think it is right now, just keep **THINKING** it will get better. When you keep **BELIEVING** things will get better, eventually they will.

When you hear people say things like, “Things never go my way” or “I always get the raw end of the deal”, they are thinking negative thoughts. Thinking positive and seeing the good in everyone will help things turn around for the better.

Keep believing things will get better and eventually they will.



# Break Up with your TV

## 10 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.





# TURN IT UP

11

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!





It's a  
GOOD DAY  
to have a  
Good Day



# 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.

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*Carolyn J. Harrington*

**Let's get social!**

