

Make it a GREAT day!

Goals

Know what you need to get done.
Create a list of tasks to work on or complete.

Reasonable Expectations

Give yourself grace ahead of time.
Be intentional about *not* overextending yourself.

Excitement

Identify at least one thing to be excited about.
Give yourself something to look forward to.

Acceptance

Avoid fighting what you can't control or change.
Instead, accept it and move on to things you can.

Thankfulness

There is *always* something to be grateful for. Develop a habit of thankfulness by identifying a few specific things you can be thankful for.

