

START YOUR DAY WITH LOVE

Did you know that the first hour of the morning is crucial? How you spend it will determine your experience the rest of your day.

How did *you* start your day today? When you woke up, what were the first words that came out of your mouth? Did you complain? Did you think about what wasn't working in your life?

How you start your day is often how you live your life.

What do you say when you first look in the bathroom mirror? What do you say when you take a shower? What do you say when you get dressed? How do you leave your house for work? Do you just run out the door, or do you say something nice first? What do you do when you get into the car? Do you slam the door and growl about going to work, or do you bless the traffic on your journey?

If you have a lousy way of starting your day, you're not going to have a good day—ever. It's not possible. If you do your best to have the morning be awful, your day will be awful.

When you get up, it's important to do a ritual that feels good to you and to say something to yourself that makes you feel good. Set in motion the best day possible for yourself. You don't have to make these changes in your life all at once. Just pick one ritual for the morning and start there. Then once you have the ritual down, pick another one and keep practicing. Don't overwhelm yourself. Remember: the idea is to feel good.

Let's affirm: **Today I create a wonderful new day and a wonderful new future.**

Morning Exercise

1. When you first wake up in the morning and open your eyes, say these affirmations to yourself (or create one of your own):

“Good morning, bed. Thank you for being so comfortable. I love you. This is a wonderful day. All is well. I have time for everything I need to do today.”

2. Now take a few more minutes to relax and let these affirmations flow through your mind, then feel them in your heart and throughout the rest of your body.
3. When you're ready to get up, go to your bathroom mirror. Look deeply into your eyes. Smile at that beautiful, happy, relaxed person looking back at you!
4. As you're looking in the mirror, say these affirmations (or create your own):

“Good morning, [Name]. I love you. I really, really, love you. There are great experiences coming our way today.” And then say something nice to yourself like: “Oh, you look wonderful today. You have the best smile. I wish you a terrific day today.”