Creating a Positive Path

by Lucy Day

Empowering ideas for creating a positive routine...

- ✓ Wake up early – 5.30am to 6am
- ✓ Go for a quick walk outside, embrace the new day, breathe in the fresh air and thank yourself for being ALIVE.
- ✓ Journal for 15 mins
  - Today I'm going to feel…
  - Today I'm going to get started on…
  - If my life were limitless what would it look like?
  - What changes am I going to create in my life?
  - Today I'm grateful for…
- ✓ Hot water & lemon / green tea / tepid water & lemon – to detox (before cup of coffee)
- ✓ Fuel for life – protein, fruit, vegetables, vitamins, nutrients – stable breakfast routine every morning. No time? Make time!
- ✓ Read, learn, absorb something new. Read interesting books, research hobbies, look into things that interest you. Create your own interests.
- ✓ Ditch the news, TV news, magazine and newspaper news, online news – become selective about what you will allow into your 'bubble'.
- ✓ Choose to move away from negative people.
- ✓ Befriend positive people.
- ✓ Get outside, exercise, walk, take time out in nature.
- ✓ Create things, fix things, make things, use your hands.
- ✓ Listen to good, uplifting music, regularly.
- ✓ If you feel stuck / overwhelmed or confined, change your environment. Get out (literally) for a bit.
- ✓ If you find yourself responding negatively to things, examine your thoughts. Are you speaking out of fear (which is an illusion) or is there a change required?
- ✓ Eat small meals regularly. Avoid over eating and self sabotage.
- ✓ Create a healthy 'treat' routine every evening – a healthy reward for a long, busy day.
- ✓ Unwind an hour before bed. No working after 8.30pm.
- ✓ Early to rise, early to rest – try and be in bed before 10pm. Sleep is underrated!

And MOST OF ALL…

Life is as serious as you make it…
Remember to laugh, smile, joke & have fun

Laughter is always the best medicine.

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For more guidance on living your best intuitive, authentic life without limits, visit my website www.themodernmedium.com - readings, workshops, e-courses, books and more…