



7 Tips to Have a Great Day!

1. Small wins create confidence
2. Separate feeling from action
3. Have a daily standard of effort – My standard is 7 or higher on a scale of 1-10
4. Duality is a part of life – When life shows up it is water off a duck
5. In any given day you may do 15 things that are good to awesome and 5 things that don't go your way. Focus on the 15 things you did great!
6. Struggle in 1 area doesn't need to mean struggle in other areas
7. Many activities don't require high energy or an exceptional attitude

Bonus Video – If you are going through a tough time watch this -
<https://youtu.be/S-II-HgByjo>