

7 Tips to Have a Great Day!

Intention – Have the intention that today is going to be great.

Have a positive attitude!

Play at a 7+

Cheerlead for yourself

Be kind to others

Have the intention to produce

Identify what your top priorities are for the day

Bonus Video

How to get the most out of programs -

<https://www.youtube.com/watch?v=FOU8X5JrY7s&t=208s>