

Get Inspired!

with Teresa Lewis

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12 Thoughts to Start My Day



Today I commit to being intentional about my life. I choose my attitude and my mindset. To make my day even better, I have decided:

- ★ When I am at work, I am present. When I am at home, I am present.
- ★ I focus on what I can control; I let go of the rest.
- ★ I know the past is a school, not a prison.
- ★ I ask why this is happening for me rather than “why me.”
- ★ I forgive.
- ★ I am grateful.
- ★ I seek the good that can come from any situation.
- ★ I am constantly learning.
- ★ I am courageous.
- ★ I will look for ways to help others today.
- ★ I am intentional about what I consume, physically and mentally.
- ★ I listen more than I speak.

12 things I choose to give up:

Resentment
Bitterness
Anger

Pessimism
Excuses
Fear

Complacency
Worry
Stubbornness

Overindulgence
Selfishness
Bad habits



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