

TODAY IS A NEW DAY



If you wake up feeling grumpy then do these 6 things...



Yawn then take five long deep breaths

This will wake you up and energise you!

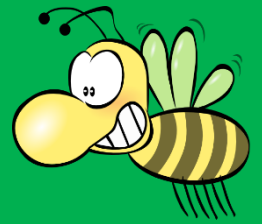


Have a good stretch

This will get your body ready for the day ahead.

Put a big smile on your face

This will make you feel happier.



Set a goal for the day

This will give your day purpose. What can you achieve today?

Be thankful for something

This will make you feel happier. You have a lot to be thankful for!

Forgive yourself for yesterday's mistakes

*Everyone makes mistakes, learn from your mistakes and move on.
You can't change the past!*

ENJOY YOUR DAY!

