



Start on a Good Note

Beginnings can make or break your life. I'd prefer they make yours, so I've come up with five ways to start your day / year on a good note.

1 Exercise

Starting your day with a smile can set your entire day. When you get your heart beating and you're feeling energized so early in the morning by saying "Good morning Lord", you can start to feel more ready to face the day ahead.

2 Eat Breakfast

Your mom probably drummed this into your head as a child, and it's still true. When you eat breakfast in the morning you boost your energy and metabolism, and you give your body the fuel it needs to run the

rest of the day. Your soul would need to eat as well; reading the bible (God's love letters to you) may boost your soul and give your spirit the strength it needs to face any obstacles and challenges.

3 Listen to some Music

If it's difficult to motivate yourself to jump out of bed in the morning, listening to some happy tunes could help get you moving. Set aside five to 10 minutes to listen to music before you rush out for the day and your mood could improve. Listening to music that either calm you down or gets you excited for the day ahead is sure-fire way to start your day on a good note. God is whispering into your heart every day. We don't hear Him, because we are talking all the time even during prayers. Practising to listen to His voice is like adjusting the signal to hear Him clearly. His voice would be like music to your ears that will make your heart rejoice.

4 Call a Friend

Mornings are hard to get through sometimes, especially when you've had a late night or you're punching the clock all week with little rest in between. Talking to a real dear friend is an instant mood booster and it'll help wake you up in the morning. If you don't have time for a chat when you're getting ready, call your best friend on your walk to the bus or while you're walking to the office for a quick hello. Saints and angels are dear and real friends as they overcame the world they are in a better position to offer help and they in a good mood all the time as they live in a no pain and no tears zone.

5 Meditate

Ok it might sound a little unrealistic, but it doesn't have to be. Whether you truly "meditate" or just take five minutes to sit in bed and think before you start your day. You will allow your mind to reflect on the day ahead. Taking few minutes to just think about what you need to do today or what you'd like to do this weekend can get your mind rolling and it'll help you feel less rushed (mornings are already so hectic anyway). Think also, if someone needs help, or if you may need to ask someone for forgiveness.