MAKE EVERY DAY COUNT

8 EASY, DAILY STEPS

1) CLEAN

It can be as simple as making your bed. It's a neurophysical trigger that makes the mind feel at ease and accomplished. Even Inbox Zero counts as a cleaning effort.

2) PLAN

Make a quick list, paragraph, or just jot notes on what you want to accomplish today. Make them tangible and achievable.

3) LEARN

Take in some new information. Even a quick YouTube video, blog, or anything that adds to your new knowledge.

4) CREATE

Write something, record a voice or video note, play guitar, or do anything at least once today that unlocks a creative idea.

5) MOVE

Walk, run, ride, dive, or anything at all. Just move and make a point of disconnecting. You will find many ideas pop up while you're exercising.

6) CONNECT

Make a point of reaching out to someone even of it's for no reason other than to just say Hi! Connecting and communicating is healthy and powerful in many ways.

7) REFLECT

Write down something that you have gratitude for. The purposeful act of reflecting and acknowledging gratitude helps to close out the day in a positive way.

8) SHARE

Maybe it is a social media post, or maybe just a text to a friend. Share something you did. It's inspiring to both you and who you share with.

Creativity is intelligence having fun.

ALBERT EINSTEIN

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