

Daily routines simplify my life

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I make positive decisions automatic by incorporating them into my daily routines.

I eat nutritious foods. I get most of my calories from vegetables and fruits, lean proteins, healthy fats, and whole grains. I **eat a hearty and nutritious breakfast**. My first meal gives me the energy I need to prepare for a busy day. I fill up on eggs and smoothies so I can resist donuts and bacon.

I enjoy the morning light. My brain feels alert without excess caffeine. I help my body find its natural rhythm so I can work through the day and fall asleep at night. I go to bed on time. I darken my bedroom and block out distracting noises so I can sleep soundly and wake up refreshed.

I move around. I find ways to add more physical activity into my schedule. I climb stairs and stretch while I talk on the phone. I visit the gym or go running after work.

I spend time with my loved ones. I **share conversation and laughter with family, friends, and coworkers**.

In other daily habits, I learn something new each day, I give generously, and I practice my faith. I meditate and pray. I participate in a spiritual community where I can find guidance and support.

Today, I rely on my daily routines to bring me happiness and success. I need less discipline when I develop positive, powerful, and healthy habits.

Self-Reflection Questions:

1. What is one positive change I can make in my daily routine?
2. How can I stick to my daily routine when I am traveling?
3. Why is it important for me to incorporate having fun into my daily routine?