

# I start my day feeling happy and enthusiastic

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I look forward to each day and the surprises it brings. I allow all my cares and concerns to melt away with the sunrise. I focus on feeling gratitude and excitement for the new day.

When I first awaken in the morning, I **wonder what adventures are in store for today!** I anticipate that each day will be better than the last.

I take full advantage of each new day.

I use my time wisely and effectively. I have goals and plans to achieve them. This is the key to making each day special. I live with a purpose. **Each day is an opportunity to move closer to my goals.**

Naturally, I am excited and happy when I can make my goals a reality.

My enthusiasm lasts throughout the day and into the evening. While others may run out of energy during the day, this rarely happens to me.

I have a never-ending supply of energy and enthusiasm.

Today, I am giving the day the appreciation it deserves. **I look forward to learning something new and accomplishing something worthwhile.** I start my day with happiness and enthusiasm.

## **Self-Reflection Questions:**

1. What are my current expectations for the day when I first wake up? What if I only expected good things to happen?
2. What could I choose to feel happy about in my life right now?
3. What are three changes I could make in my life that would allow me to feel happier and more enthusiastic?