## 25 Ways to Have a Great Day



1. **WAKE UP & REJOICE! Psalm 118:24**
2. **Count your blessings – Name 5 things you are grateful for**
3. **Communicate with God (prayer)**
4. **Ask yourself, “How can I enjoy today?”**
5. **Meditate on Scripture**
6. **Enjoy the simple things, a flower, a fragrance, a sunset, a touch**
7. **Spend time with positive, cheerful people**
8. **Look for the positive in yourself, in others, in your circumstances**
9. **Don’t take guilt trips.**
10. **Never say “If only”**
11. **Say “Thank you”**
12. **Perform acts of kindness Eph. 4:32**
13. **Forgive others**
14. **Turn the mundane into the magical**
15. **Remember past blessings and look forward to future blessings**
16. **Write a note of encouragement or appreciation**
17. **Sing a favorite song**
18. **Try something new**
19. **Surround yourself with what you love (family, keepsakes, plants, pictures)**
20. **Laugh at yourself**
21. **Look for the humor around you**
22. **Be enthusiastic**
23. **Keep learning**
24. **Replace negative thoughts with the truth of Phil. 4:8**
25. **SMILE!**

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