

# TODAY IS A NEW DAY



If you wake up feeling grumpy then do these 6 things...



Yawn then take five long deep breaths

*This will wake you up and energise you!*

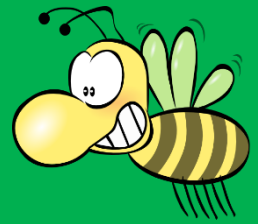


Have a good stretch

*This will get your body ready for the day ahead.*

Put a big smile on your face

*This will make you feel happier.*



Set a goal for the day

*This will give your day purpose. What can you achieve today?*

Be thankful for something

*This will make you feel happier. You have a lot to be thankful for!*

Forgive yourself for yesterday's mistakes

*Everyone makes mistakes, learn from your mistakes and move on.  
You can't change the past!*

# ENJOY YOUR DAY!

