

10 things to remind yourself every morning to live happier

Would you like to learn about how to start a new day? Let's start 10 things to remind yourself every morning to live happier below!

Sometimes in everyday life it is hard to arrange all the tasks to do in a reasonable day and start the day in the best way. Exercise, check email, don't check email, take a bath, sleep, have a light breakfast, eat a good breakfast . this list will continue to grow until it becomes a " mess " Your body cannot manage and decide whether to do everything in one way or another.

Would you like to learn about how to start a new day? Below we've prepared some of the best things to do and remind yourself that let's start **10 things to remind yourself every morning to be happier** . Invite you to consult!

1. Remember that today is a whole new day



When you wake up, think positively to start a new day with the simple perception that today is a completely new day, it is not like any other day you may or have ever experienced. experience before. There are days, the most courageous thing we can do is wake up and face the world, make everything easier by the fact that every day is an opportunity to do good things and Become the best version of yourself. You can work on your own goals and dreams, and you can achieve whatever you want in the same amount of time as others. Begin the day with the awareness of that truth and move forward, a bright new day with the feeling that nothing can " *destroy* " you.

2. Use a healthy breakfast



One of the best ways to start the day is to sit down and enjoy healthy breakfast, rather than rushing, even throwing all the food together or grabbing something on the road. go. Wake up early every day and set aside a time for breakfast, which has the same effect as filling up your fuel for a day ahead. You will feel extremely satisfied when you sit down to enjoy a full and interesting breakfast - the fullness of the English, which is a little yogurt, honey, *scrambled eggs* and orange juice. squeeze - anything can arouse your taste buds in the morning. If you want to have a brilliant day, let yourself enjoy it perfectly.

See also: 25 good habits to start a new day full of energy

3. Spend time sunbathing



Spending time sunbathing or simply going outside to breathe the air because the weather is not always pleasant. An important point is that if you want to start a new day in a positive way, you should take the time to explore nature or at least breathe the fresh air. Many studies have shown that using time outside nature or just living near

nature can positively impact physical, intellectual and spiritual well-being of people. Scientists recommend that everyone try and spend some time with nature, even if only five minutes during lunch break is enough. Going out and sitting at the park or walking in the forest will be a new energy, rejuvenate and help you continue your day.

4. Check email as little as possible



Most of us are experts in checking email multiple times, at regular and regular intervals, which proves that this is really a period of interruption that can make Your process of starting a day is much more destroyed. One of the best ways to have a bright new day is to make sure you don't regularly check Outlook and Gmail. Most of the time you will not need to spend on such specific things and it only wastes your time. Set a limit for yourself in checking email for half an hour or even better than an hour, you will feel more free and can enjoy more time to focus on working from early morning to the end of the day .

5. Smiling to everyone



Good for health. Science also proves that laughter helps increase positive emotions, mental health and has many physiological benefits, even when you pretend to laugh. Accept the fact that this world is sometimes very boring, but having a smile on your lips can be the best way to start the day. Laughing will encourage positive things and help affect others' emotions well. Many studies show that laughing at others makes them want to laugh more with you, a gesture that develops to draw people closer together over the millennia of evolution. Laughing and laughing help you feel more positive, which is what we are born to do. Do you have a better way to start a new day?

6. Read something that you enjoy



Start your day by reading something that you feel good about, something that makes you laugh or make you think, because nothing wakes your mind and inspires a great day. reading what you love. Reading will broaden your " legs ", help your mind focus, give new ideas, new thinking and new stories to help shape you in a positive

way. Read a novel chapter, read a magazine that just hit your eyes. Read on the bus at work, read during lunch time and take advantage of it as a way to have a better day.

7. Eat sweets



Eating sweets is probably not the best idea for the morning (*as mentioned in section 2 of the suggestions for breakfast, because 3 donuts are not a healthy breakfast*) but a good meal A healthy day will be a great source of motivation to help you start your day more happily. Besides, it is not necessarily sweet - give yourself something delicious and make sure it makes you happy. Leave sweet food in the back pocket and turn it into a part of the schedule, start the day in a positive way and with at least one delicious meal.

8. Use the to-do list



The *to-do list* is a thing that each of us needs to bring with us. The extremely useful to-do list helps you start your day with a clear and optimistic note when used correctly. Prepare your to-do list the previous night, which will be helpful because it allows you to achieve your goals for the day, specify your goals and decide which tasks need to be completed first. . Besides, it also provides the necessary mental space for you; When you write everything down, it is safe on paper or stored on electronic equipment. Use that to-do list to start the day more fun, easier and more relaxed, allowing you to have a bright day.

See more: Work more effectively every day with 3 simple actions

9. Have fun plans



When getting out of work most of us have a sense of euphoria and feel this is one of the best ways to start a new day, make sure there's a great plan prepared when You quit the job or complete the task during the day. The fun plan doesn't have to be dancing or having dinner with Beyoncé, but something positive, fun and exciting waiting for you at the end of the day will make your start day easier. . Dating yourself with an evening of reading, watching TV, buying ready meals; Go dance and drink with colleagues and friends; dating watching movies; Anything is fine as long as you feel comfortable! Make sure you can start your day with positive and comfortable goals that will make your day worthwhile.

10. Sleep a lot



Finally, the best way to start a bright and happy day is to sleep a lot. Yes, there is a culture " *to see how much I need to sleep and still work* " and praise you if you only sleep 3 hours. However, if sleeping so little can lead to a multitude of health problems and completely lose the meaning of productivity or happiness in general. So what is the best way to start a new day full of joy? Make sure you sleep well enough to be ready for a more productive and bright day.

Refer to some more articles:

1. Learn 10 times faster if you try these 5 tips
2. How to shape failure brings true success for yourself
3. 15 habits of wasting time need to be removed immediately

Having fun!

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