

MAKING IT A GOOD DAY



Helping YOU
Choose a happier,
More fulfilling life

Think of things that are part of a “good day” for you. For instance, a pediatrician friend knows that she has a better day if she starts the day with vigorous exercise. If she has exercised, her attitude toward patients’ parents is more positive, her co-workers don’t irritate her, and she is happier. Another friend is more grounded and calm if she takes 30 minutes to meditate at the beginning of the day. So what is a part of your good days? Once you have identified things that are a factor in your good days, you can choose to do those more often to make more good days.

Here are some ideas of things to get you thinking about what works for you, and give you ideas of things to try:

- ◆ Exercise
- ◆ Writing in a Journal
- ◆ Gratitude exercise
- ◆ Finishing a task – from your ‘to do’ list, or 500 words writing
- ◆ Being outside
- ◆ Talking to someone who makes you feel good
- ◆ Being kind, appreciative or generous to someone
- ◆ Meditate
- ◆ Pray
- ◆ Clearing off your desk
- ◆
- ◆
- ◆

Each day, ask yourself: What can I do to make this a good day?

The rigorous way to do this exercise is to create a spreadsheet of what you do during the day (or journal throughout the day), and then rank the day (10=it was one of the best days of my life, 9=outstanding day, 8=excellent day, 7=very good day, 6=a good day, 5=average or typical day, 4=subpar day, 3= bad day, 2=terrible day and 1=it was one of the worst days of my life). Do this for two to four weeks, and then go back and look for patterns. Notice what you were doing (or not doing) on good versus bad days. You are likely to discover some new information about what leads to a good day for you, so you can engage in the positive activities more often, as well as avoid things that tend to correlate to bad days.