

**Every day you have to choose and cultivate
your own happiness.**

Reese Witherspoon

Every day we wake up and have the ability to choose to have a perfect and amazing day. The problem that we can run into is that we allow our day to be influenced or run by our surroundings and other people we come in contact with. It could be our family, the traffic, a co-worker or the government.

To creating your amazing day you will need to have plan for your day. Decide what you will do, feel and be today. Then when the outside influences come along you can recognize them for what they are, handle them and move back to your plan of an amazing day.

Put your hand on your heart and say:

I choose the type of day I have. It is my decision to have a great day and no one else has the power to ruin it.