

If You Want *to* Wake Up *and* Feel Instantly Inspired

..... Ordinary & *Happy*

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- Set your phone background to a photo of something awe-inspiring, like a waterfall, or a family photo.
- Start your morning with as little as 5 minutes of gratitude journaling. Use our calendars to guide you.
- Look out of the window at any nature you can see. Watch it closely for a few moments. Consider the resilience and the beauty of what you're looking at.
- Put up a piece of art on your bedroom wall that really makes you think. Choose a piece that really speaks to you, but isn't a specific landscape or portrait of something. Choose something with lines, colors, and passion that can be interpreted differently every time you look at it.
- Wear a pajama top with an inspiring quote written on it. Make that the first thing you see when you look in the bathroom mirror in the morning.
- Look at a photo of something that means a lot to you.
- Have a positive interaction with someone in your house. Ask them what a great day would look like, for example.
- Don't scroll through feeds straight away. Instead, read an inspiring story or a piece of good news first thing when you wake up.
- Put something 'completed' in a place you can look at it. You could put up a framed 1000-piece jigsaw, a paint-by-numbers painting, or a completed Rubik's cube on your nightstand. Use these things to remind you of the beauty and joy of completion and reaching the different stages of your goals.
- Put on music that means something positive to you or reminds you of a wonderful time.