

Each new day brings new beginnings

Each new day brings new beginnings.

Each morning, I wake up fresh with excitement for what the new day brings. I **leave any cares or worries from yesterday in the past.** I know I have a clean, white canvas upon which to paint my reality.

As I start my day, my anticipation builds as I think of the new possibilities that may come today.

I automatically put a smile on my face as I look in the mirror while I brush my teeth to a brilliant white. They sparkle and shine and I giggle just a little through the foam. "Laughter really is the best medicine." I chuckle on the inside.

After giving myself a wink in the mirror while affirming my "brilliant smile," I see my authentic self smile and wink back at me. "Back at ya, Gorgeous," my mirror image remarks.

My confidence builds as I straighten my spine to reflect my professional image. I **KNOW today is going to be GREAT!**

My self-esteem continues to build as I finish

my preparations for my new day. I maintain my happy demeanor all the way to work, despite what goes on around me.

I arrive at work with a confident stride and greet everyone with eye contact and a smile. I set the tone for the whole office. I am able to focus and be my most productive self throughout the day. **I keep my positive attitude foremost in my mind and my actions reflect this.**

Today, I know that, when I start out with a positive attitude and maintain it throughout the day, regardless of what comes... I am a success.

Self-Reflection Questions:

1. Why is it important to start my day with a positive attitude?
2. What behaviors can I work on to make my day even better?
3. Who all will benefit from my uplifting behaviors?