

# Five Ways to Wake Up Happy and Get Through the Day

By Diana Rankin

Happiness is your birthright, and if you begin the day in a happy state of mind, you are better able to get through the day in a good frame of mind. Use these steps ways to start your day on the right foot.

Step 1: Tomorrow morning's happiness begins with tonight. As you are falling asleep, give yourself the suggestion that you will have a restful night's sleep and wake refreshed in the morning. Be specific about what time you wish to awaken. Doing so will help you awaken in a peaceful state before the alarm sounds. A good night's sleep is crucial to happiness. When we are tired, our problems always feel bigger and seem harder to handle.

Step 2: Before you are fully awake, greet yourself. Silently say, "Good morning, (add your name)." Give yourself positive suggestions, such as, "It's a beautiful day!" or "Wow! What a day this is going to be." Even if you wake dreading the day, give yourself these positive suggestions before your feet hit the floor.

Step 3: Every watch a cat or dog when they first wake. They don't jump right up, but instead they stretch. Do the same, and as you stretch, thank your body for its vitality, strength, and wellness.

Thanking your body is important even if you are in pain or ill. You are still alive and your body is functioning. The more you thank your body, the better you are going to feel.

Step 4: Set an intention and goals for the day. Your intention might be to be happy. Set goals that help you reach that intention. Having a plan for what you want to accomplish will make you feel better. Do not over stretch and overwhelm yourself. Instead set realistic goals regardless how small they may be. After being seriously injured in a motorcycle accident, my intention was to heal. Everyday I set a new goal, starting with simply being able to get out of the hospital bed. I progressed to setting the goal of being able to move about and use my body in spite of eight broken bones. The next goal was to get out of the wheelchair and walk again, and eventually to be able to return home. Each goal met brought me happiness. Setting an intention to be happy and setting realistic goals and meeting them will bring you happiness.

Step 5: Have a song. You can sing your song as your positive thought in the morning as you rise from bed, in the shower, or anytime during the day. My song includes the words, "zippy do da." What song you choose doesn't matter as long as it's upbeat and makes you smile. Repeat your song at any time during the day when you feel stressed or feel yourself getting depressed.

These steps may sound simple-and they are-but they produce big results if you practice them on a regular basis. We all have days when we would rather stay cozy under the covers, but that does not serve our lives. We all have worries, losses we grieve, illnesses we must contend with, but even in our darkest hours, we can find joy if we allow ourselves to, and if we exchange the beliefs of sadness for those of happiness.

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