

3 THINGS TO DO

(BEFORE YOU GET OUT OF BED)

TO MAKE IT A GREAT DAY



WHAT YOU SEED IS WHAT YOU GET



SHERYL BERNSTEIN

About Me



*M*y passion is helping you find the clarity and laughter in your day and in your life. That, and watching TV and enjoying some lovely frozen yogurt.

I am a Life Coach, using principles of the Law of Attraction.
Known by some as the Goddess of Clarity.

I like things easy... call me crazy.

I'm also a card carrying online ordained minister.

I can marry you. Well, you to someone else.

I live in beautiful Southern California in the midst of lots of trees,
with my little kitty, "Little." She's very cute.



Sheryl



Little

Create How Your Day Will Feel



"I woke up on the wrong side of the bed."
"It's not my day."
"Things just aren't going my way."
"My dog ate my homework."

Who hasn't said stuff like this?

Blaming some unknown "it" for a crummy morning,
meeting, situation, life.

It's his, her, their, traffic, gluten's, fault.

But, you actually have the power to
create your day exactly as you would like it to be.

I don't mean your 'to-do' list, though those
are absolutely helpful. (And we'll get to that more deeply in my next
wee book.)

I mean create how your day will feel. And flow.
And how YOU will feel. All through the day.

You can plan it. Intend it. Make it so.

How do you do that?

It's easy, actually.

And I love easy.

You pretty much just make up your mind.

I've been working with the Laws of Attraction for a while now,
and I have to say, this stuff works.

Now this is a very basic start..but I think you'll find it useful.

So here's my little primer on how your thinking 'up'
can power what and how you're thinking up.

The way you think, can affect the outcome
of what you do and how you feel.



3 Steps to Make it a Great Day



*O*K, so let's run this down.

Let's say you woke up feeling a little not at your best.
You don't feel that jump out of bed, spring in your step,
let's get this party started kind-of-feeling. Just bleh.

Well, there are things you can do to lift yourself up,
and set an intention that your day is gonna be splendiferous.

Here's what to do:

First off, I meditate. Yeah, "groan," I know, I can hear you.
For some reason a lot of us just don't like the idea of meditating.
I'm not sure why... can't sit still? Quiet the chatter box brain?
10 minutes seem like too much to take out of the crummy day you
don't even want to start?

It's actually a very good way to get centered, calm and, dare I say...
empowered. You can google around and find some done-for-you
meditations that you like.

Or you can say a few phrases yourself. Simple.

Things like "Abundance is within me."

"I am love." "I am valuable." "I have value."

Doesn't have to be a long involved thing...

Ten minutes is just dandy. I do mine while still lying in bed. You can even find some meditation music on Youtube and have it set a nice mood. Soon you'll be ohmming right along.

Gotta say, much better than checking e mails the second your eyes flutter open.



Okay, so meditate. Step 1.

Second thing...gratitude list.

You feel low? Yucky? In a bad mood? Sorry for yourself?
Do a gratitude list. It'll raise you right up.

Just think of things you're grateful for and say them out loud. And let's face it... most of us have a boatload to be thankful for. Write it.

Things like I am grateful for my eyes. I am grateful for my kitty. I am grateful for my house. I am grateful for the trees. I am grateful for my bed. I am grateful for this beautiful music. I am grateful for popcorn.

I am grateful I can get up and walk from here to there... and do stuff.

All kinds of things you're grateful for. Try it. Right now. I'll wait.

hum hum hmmmmmm hmmmmmm

There. Don't you feel better? Lighter? Happier?

A bit higher on the vibrational scale?

Good.

Some kind of chemical thing actually happens in your brain just by the act of you thinking up what you're grateful for. You can look that up if you're interested. Me, I'm just happy to get the results.



Ok good. So Step 1~meditation, Step 2~gratitude list.

Now, let's think about how you want your day to go.

How you want the feeling of your day to go.

Usually I want mine to be smooth, in the flow, abundant in time, energy, and ideas.

And I want it to feel easy. Easy, flowy, light. Happy. All-is-well.

And how do I want to be and feel? I want to be calm. confident, centered, and joyful in an "everything is just fine" way.

So, let's take a moment for you.

For you to think about your intention.

How do you want your day to be?

Think of a few adjectives and feelings right now.

When you have them, say: "I intend my day to be _____ and _____ and _____."

(Insert whatever ways you thought of.)

And how do you want to feel going through your day?

I want to feel _____ and _____ and _____.

Excellent! You're doing very well.

Last But Not Least



So, we've done meditation, gratitude list, set an intention, and noooooow, we put some energy on it...a swirl of color. Kind of wrap it up in a tornado of color.

As you say the intentions, imagine swirling it in a color of your choice... something that means energy to you. Movement. Makes it even more vibrant.

And... know that it will be done.
Deep breath.

And now, go into your day. Enjoy! Be kind to yourself and others. Have a smoothie. Better yet, be one.

I also highly recommend some form of exercise, and stay away from sugar. And flour. And stuff you know isn't good for you. But that's me.

Oh, and once out in the world, try to remember that everyone else has somewhere to be too. Not just you. So let's be nice. And don't litter.

OK, let's review.

Meditation, gratitude, intention, kindness.

And as you go through your day, if things come up that make you feel like Mr. Angry is about to pay a visit...

Take a breath. Wait a beat. Remember your intention for the day. In the flow. Calm. Abundant in time, energy, ideas.

Happy.

And if that doesn't work. Call me.

I'd love to be your coach.

I'll beat some law of attraction sense into you.

Kidding.

Thank You



Thanks for reading my little book.

Next time, we'll look at how you can "bling" your to-do.

Yup, bling it.

Makes everything go real good.

In the meantime, do you want to chat about how I can help you get clarity on where you want to be and how to get there with joy and ease?

Reach out for a complimentary clarity chat session with me right here at www.SherylBernstein.com.



Flow

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