

10 Proven Ways to Make Every Day a Really Good Day



Have you ever experienced a day that was just absolutely amazing from start to finish? A day where everything went right, and you couldn't help but feel incredibly happy and satisfied? Well, imagine having that kind of day every single day! It may sound too good to be true, but with a few simple steps, you can make every day a really good day.

1. Start the Day with a Positive Mindset

The first step to having a really good day is to wake up and set a positive intention for the day ahead. Instead of dreading the day or thinking about all the things you have to do, focus on the opportunities and the good things that may

come your way. Take a few moments each morning to practice gratitude and visualize a successful and fulfilling day.

"Relentlessly honest and surprisingly funny." —The Washington Post

Ayelet Waldman

A Really Good Day

How Microdosing Made a
Mega Difference in My Mood,
My Marriage, and My Life



A Really Good Day: How Microdosing Made a Mega Difference in My Mood, My Marriage, and My Life by Ayelet Waldman (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English
File size : 1066 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 258 pages



2. Take Care of Your Physical Well-being

In order to have a really good day, it's important to take care of your body. Make sure to get enough sleep, eat a nutritious breakfast, and engage in physical activity. Taking care of your physical well-being will not only boost your energy levels but also improve your mood and overall outlook on the day.

3. Set Realistic Goals

Setting realistic and achievable goals for the day can provide you with a sense of purpose and accomplishment. Break down your larger goals into smaller, actionable tasks that you can easily accomplish throughout the day. Checking off these tasks as you complete them will give you a sense of progress and motivate you to keep going.



4. Surround Yourself with Positivity

The company you keep plays a crucial role in your daily happiness. Surround yourself with positive, supportive people who uplift and inspire you. Avoid spending time with individuals who bring negativity into your life. By surrounding yourself with positivity, you'll find it easier to maintain a positive mindset throughout the day.

5. Practice Mindfulness and Self-Care

Take moments throughout the day to practice mindfulness and engage in self-care activities that bring you joy and relaxation. Whether it's taking a walk in nature, meditating, or indulging in a favorite hobby, make sure to prioritize your own well-being. By taking care of yourself, you'll be better equipped to handle any challenges that may come your way.

6. Embrace Gratitude

Cultivating an attitude of gratitude can significantly enhance your daily happiness. Take time each day to reflect on the things you are grateful for in your life.

Expressing gratitude for the little things can shift your mindset and help you focus on the positives, ultimately making each day a really good day.

7. Engage in Activities That Bring You Joy

Make it a priority to engage in activities that bring you joy and make you feel alive. Whether it's pursuing a hobby, spending time with loved ones, or simply indulging in some alone time, doing what you love can greatly enhance your overall happiness and make every day a memorable one.



8. Practice Random Acts of Kindness

Doing something kind for someone else can bring immense joy and fulfillment. Practice random acts of kindness throughout the day, whether it's complimenting a colleague, helping a stranger, or volunteering your time for a good cause. By spreading kindness, you not only make someone else's day better but also create a ripple effect of positivity that ultimately comes back to you.

9. Focus on the Present Moment

Too often, we get caught up in the past or worry about the future, causing unnecessary stress and anxiety. To truly make every day a really good day, focus on the present moment. Embrace the beauty of the here and now, and let go of any worries or regrets that may be holding you back from fully enjoying the present.

10. Reflect on Your Achievements

At the end of each day, take a few moments to reflect on your achievements and successes. Celebrate even the smallest victories, as they all contribute to your overall growth and happiness. By acknowledging your accomplishments, you cultivate a positive mindset and set the stage for another really good day tomorrow.

By incorporating these ten proven ways into your daily routine, you can make every day a really good day. Remember, happiness is a choice, and with the right mindset and actions, you have the power to create a life filled with joy and positivity.

A Really Good Day: How Microdosing Made a Mega Difference in My Mood, My Marriage, and My

Life by Ayelet Waldman (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

"Relentlessly honest and surprisingly funny" --The Washington Post

Ayelet Waldman

A Really Good Day

How Microdosing Made a
Mega Difference in My Mood,
My Marriage, and My Life

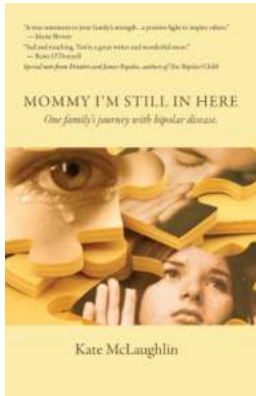


File size	: 1066 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 258 pages



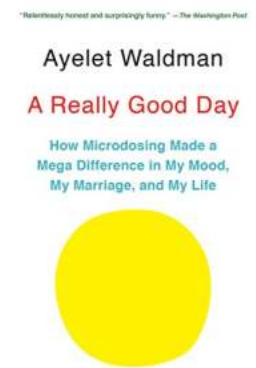
The true story of how a renowned writer's struggle with mood storms led her to try a remedy as drastic as it is forbidden: microdoses of LSD. Her revealing, fascinating journey provides a window into one family and the complex world of a once-infamous drug seen through new eyes.

When a small vial arrives in her mailbox from "Lewis Carroll," Ayelet Waldman is at a low point. Her moods have become intolerably severe; she has tried nearly every medication possible; her husband and children are suffering with her. So she opens the vial, places two drops on her tongue, and joins the ranks of an underground but increasingly vocal group of scientists and civilians successfully using therapeutic microdoses of LSD. As Waldman charts her experience over the course of a month--bursts of productivity, sleepless nights, a newfound sense of equanimity--she also explores the history and mythology of LSD, the cutting-edge research into the drug, and the byzantine policies that control it. Drawing on her experience as a federal public defender, and as the mother of teenagers, and her research into the therapeutic value of psychedelics, Waldman has produced a book that is eye-opening, often hilarious, and utterly enthralling.



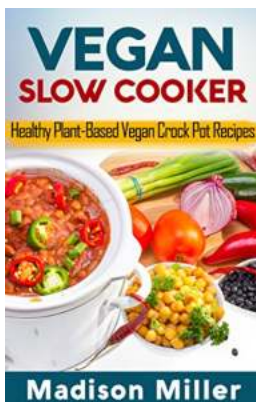
Mommy Still In Here: A Heartwarming Journey of Motherhood and Dementia

Being a mom is a truly transformative experience. From the moment you hold your newborn in your arms, your whole world changes. Your life becomes dedicated to nurturing,...



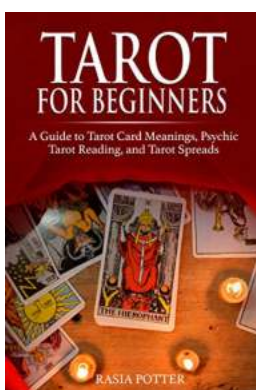
10 Proven Ways to Make Every Day a Really Good Day

Have you ever experienced a day that was just absolutely amazing from start to finish? A day where everything went right, and you couldn't help but feel...



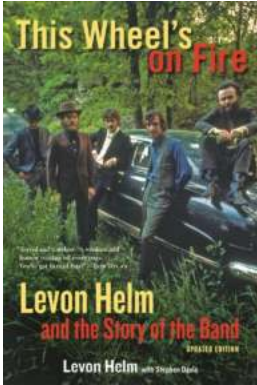
The Ultimate Vegan Slow Cooker Cookbook: Mouthwatering Recipes for Effortless Plant-Based Cooking

Are you a vegan or someone looking to incorporate more plant-based meals into your diet? If so, then the Vegan Slow Cooker Cookbook is the perfect companion! This...



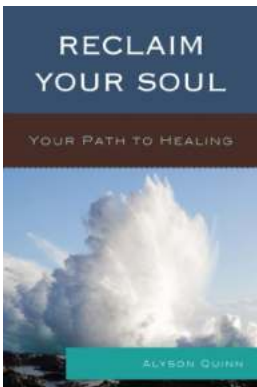
Unlocking the Mystery: Guide to Tarot Card Meanings, Psychic Tarot Reading, and Tarot Spreads

Throughout history, individuals have sought guidance and answers through various means, including the use of tarot cards. These beautifully illustrated cards not only...



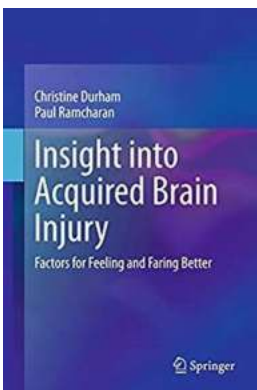
The Remarkable Journey and Legacy of Levon Helm and The Band

When it comes to influential music groups of the 20th century, few can match the artistry and impact of The Band. And at the heart of this iconic group stood the charismatic...



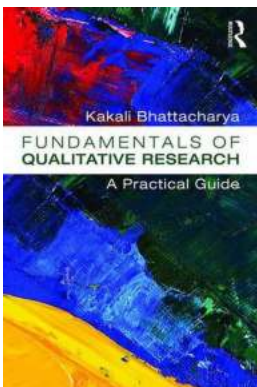
Reclaim Your Soul: Your Path To Healing

The Art of Healing Life can be challenging, filled with hurdles and obstacles that often leave us feeling lost, disconnected, and overwhelmed. We might...



Factors For Feeling And Faring Better: Discover the Secrets to a Happier and Healthier Life

Life has a unique way of throwing curveballs at us, leaving us feeling overwhelmed, stressed, and unhappy. However, there are certain factors that can significantly impact...



The Comprehensive Guide to Mastering the Fundamentals of Qualitative Research

An to Qualitative Research Qualitative research is an essential methodology used in social sciences and humanities that focuses on understanding human...

