



Ah, the Joys of Summertime

“A little bit of summer is what the whole year is all about.” — John Mayer

There’s something special about each season of the year and as each new one rolls around I’m determined that *that* season is my favorite.

But summer, oh summer! What a beautiful and perfect time of year.

Now, where I live in the desert of Southern California it gets brutally hot. Most of our summer days top out well above a hundred degrees. And you may have heard us joke around about it being a “dry” heat. Well, it’s true. Our humidity here is so low it makes it bearable to live in this heat. Luckily, I also have a pool in my backyard.

We’re also close enough to go to the beach and that’s high on our list this year since last year we didn’t go anywhere.

What do you love about summer? Is it the longer warm days? The relaxed way of living? The fresh produce? All the happy sounds? I love it all!

— Marty

8 “Bad” Habits That Are Actually Good for You

BELIEVE IT OR NOT, SOME BAD HABITS ARE REALLY GOOD FOR YOU. Sadly, our parents usually tried to punish us out of, or control us out of, doing these things. Of course, everything in moderation, right?

Let’s look at eight “bad” habits that are actually good for you that you can keep doing or start doing right now.

1. Fidgeting — If you tend to wiggle a lot, your mom probably tried to stop it. Your partner might try too. However, fidgeting is really good for you because it burns more calories and keeps your blood moving. This is especially true if you have a job that requires a lot of sitting. Sitting is possibly worse for you than smoking, so anything that can undo that damage is a good thing.

2. Gum Chewing — Sugarless gum can be really good for you. Chewing gum burns calories, helps you eat less, freshens your breath and also cuts down on cavities.

3. Video Games — While there may be some games that aren’t worth the added benefit, playing video games helps with developing fine motor skills, keeps the mind nimble, and by some reports, can help give relief for chronic pain conditions by taking your mind off the problem.

4. Daydreaming — Finding a way to allow yourself to daydream is very good for your mind and can help you achieve your goals in life. You cannot create amazing goals for your life if you can’t daydream.

5. Swearing — Swearing — even the mildest kind — was not allowed when I was growing up. Swearing is generally considered inappropriate, but studies have shown that people who swear *appropriately* tend to have less stress in their lives. Remember that swearing is completely different from a slur. A slur is something you say about a person, while a swearword is just a curse word — otherwise known as an expletive. There’s nothing quite like a well-placed “F*CK!” when you’re trying to get someone’s attention. Especially if you tend to be the type who doesn’t usually swear at all. Just watch the heads swivel. (Hee Hee!)



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“Bad” Habits

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6. Messiness — If you’re a naturally messy person (like me) take heart; you’re likely also very creative. Messiness is sometimes a sign of creativity. If you want to be more creative, don’t purposely become messy but realize that sometimes being messy is required to be creative.

7. Sleeping in Late — They say that “the early bird gets the worm,” but do they? Sleeping well and enough each night is important to your health and brain function. If you stayed up late and need to sleep in and it won’t cause you to get fired or miss something important, go for it.

8. Passing Gas — Everyone farts and burps every single day. Passing gas is good for you because it’s a normal activity that is getting rid of built-up gas from your digestive tract to prevent bloating and pain. And remember, a good fart is also good for a laugh. And laughing always makes you feel better. There are many farting Facebook reels.

Of course, you don’t want to do some of these things when other people are around, but it’s okay to accept some of these things as part of who you are and part of living life. As long as you can choose the habits you create, you can build a life exactly as you want it to be. ♦



Published every month for folks who are seeking to improve their daily lives.

Marty Marsh, Publisher
www.GreatLivingToday.com

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Email all correspondence to:
marty@greatlivingtoday.com

How to Find More Motivation

When you look forward to doing or achieving something, it’s most often prompted by a motivating thought or aspect. *Motivation is what drives you to take the actions you need to reach a goal or to accomplish something.* Motivation can be positive or negative. You can be driven by a negative thought just as you can be driven by a positive thought.

Set Goals That Provide Direction and Focus

When you need to accomplish something, it’s important that you set a goal based on the *result* that you want to achieve. Ensure that you set goals that give specific, measurable, attainable, realistic, and timely information that you can break down into reasonable steps that make it easier to focus.

Choose Goals That You Want to Achieve

While everyone must do things they really don’t like, you really don’t have to do much that doesn’t have a good reason for doing. For example, no one likes to diet and exercise, but the reason you want to do it is what’s important when you set and choose your goals.

Understand Why a Step is Necessary

When you break goals down into actionable steps, know why each step is necessary for the path to success. When you know why you’re doing something, it makes it easier to take steps even if there are parts of it you don’t really enjoy.

Tell Others About Your Goals

When you share your goals with others, it acts as an accountability measure. People will ask you about it, and that can lead to more motivation. However, be careful about telling your goals to people who aren’t supportive.

Break Goals Down into Smaller Tasks

When you have a goal, it can seem so big and difficult. For example, if you want to lose 100 pounds or earn six figures, that’s big. However, if you break it down into what is possible to accomplish in the time you have to do it in, setting smaller tasks up in your schedule, you’ll be so much more likely to accomplish anything you set out to do.

Map Your Progress

To gain extra motivation to keep going, track and map your progress. You can do that using a spreadsheet, a journal, or anything that enables you to easily look at how far you’ve come toward reaching the goals you’ve set out to accomplish.

Reward Your Efforts

Using your map of success, give yourself a reward when you reach smaller parts of each goal that you set. Set up the rewards in advance for specific milestones. Make the rewards compatible with your goal. However, if your goal is losing 100 pounds, it’s probably not a good idea to reward yourself with a trip

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7 Ways to Enjoy Your Life More

You may not realize it yet, but if you are alive and reading this, you're supposed to enjoy your life and be happy. Despite the dire outlook, you may experience on the evening news, life is not supposed to be a never-ending nightmare of bad news, tragedy, and hard knocks. However, sometimes it seems that's all there is.

How can you start to enjoy your life, as if it's your last one, right now, even when nothing is perfect?

Write a Life Mission Statement

The only way to make the right choices in life for yourself is to know what you stand for. What is it that you want to leave behind as your legacy? What about this life is important to you? What ideas, morals, and values are guiding you through this life?

If you can create a life mission statement or vision statement that spells you who you want to be at your very best, you can use that as a founding document to guide every choice you make from this day forth.

Become Mindful of The Power of Now

One of the problems with life is most of us are always thinking about the past or the future. However, your life is right now. Right now, it is truly all you can be certain of having. Because of this, you need to realize the power of now and become more mindful about truly

Making the right choices for your diet, exercise, education, career,

and fully experiencing the moments in your life.

While, of course, you do have to take small steps today to take care of your future, you don't need to live only for the future to genuinely enjoy your life. You need to live for now, while planning for the future.

Be Your Own Best Friend

So many times, we are nicer to our friends and family than we are to ourselves. The thing is each of us is truly alone. That isn't to be depressing, but the idea that you need someone else to prop you up and make you feel good about life is not true. You can feel in love with life even when it's just you because, ultimately, it's always just you even when you enjoy fabulous companionship.

Making the right choices for your diet, exercise, education, career, and so forth are all things you need to do in a loving way. If you wouldn't direct your best friend to do it, why would you do it to yourself?

Do Things That Bring You Joy

Many times, in our societies, the idea of experiencing things just for the joy of it seems foreign. But your value doesn't only depend on how much you produce and how much energy you

expend doing things. Your value also can be expressed through the joyful things that you do.

Every day do something that makes you smile, laugh, and cry with happiness. It doesn't matter if it's a hike in the woods, a bungee jump, or if you want to sit in a hammock and read a book for an hour – doing things that fill your heart and mind with joy is important for your happiness.

Help the Less Fortunate

It's hard to be down about our own situation if we are actively involved with helping those who are less fortunate. And sadly, there is always someone less fortunate than you even if you don't realize it. Make an action plan to involve yourself in empowering others and helping others, and you will experience a lot more joy in your life.

Stop Being a People Pleaser

Conversely, you don't need to work so hard, making other people happy. For one thing, nothing is ever enough for some people. They don't mean it, because they probably don't even give it a thought that you're just pleasing them by your actions or attitude. Because of this, it's not their fault that you're spending all your energy trying to please others. It's okay to say no to things that you don't want to do or don't have time to do.

Practice Gratitude

Of course, always take the time each day to express in your mind, in a journal, or even to someone else what

you are grateful for. The mind pays attention to what you focus on. If you focus on what's not going right, you'll start to feel nothing is right. If you focus on what is right, you'll start to feel like more is right with the world.

You really can start to be joyful in your life right now. One way to prove this to yourself is to travel more. When you travel to other countries and see how happy some people are, even though they live in very different environments than most western nations people do, it starts to become more clear about what drives happiness, and it turns out it's inside you and has been all along. ♦

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to McDonald's or Burger King. (Just sayin'.)

Get Support and Assistance

You can't always do everything yourself, so sometimes you need inspiration and support from others. Ask your family and friends to help you. Hire someone to help. Find like-minded people who understand how you feel and what you want to accomplish.

If you have trouble finding the motivation you need to reach your goals, take these steps to ensure that your goals are realistic and needed. If nothing else, set your goal, create your action plan, and simply implement it each day. The more you achieve or the closer you get to your goal, the more inspired and excited you will get. ♦

18 Simple Pleasures to Share with Your Aging Parents

Taking care of your aging parents can be hard work, but there are also great joys. Remember how lucky you are each day that you still have your mother and father in your life.

In fact, it's natural to want to find some way to give back when you think about all that your parents have done for you.

Use this list to get you started on creating your own moments of love and happiness.

Simple Pleasures That Take Less Than 15 Minutes

- 1. Listen closely.** Give your parents your full attention. Let them know that you value what they have to say.
- 2. Send flowers.** Brighten their home with flowers or a plant. No special occasion is needed.
- 3. Share photos.** Even if they check Facebook regularly, your parents would love a printout of a cute photo of their grandkids inside a pretty frame. If you can't pick just one image, make a photo book.
- 4. Sing along. Buy them a CD of golden oldies.** Bring back memories of high school days or summer road trips.
- 5. Dance around.** Get up on your feet. Try a little ballroom dancing or the twist.
- 6. Experience nature.** Watch a sunset together or listen to chimes ringing in the breeze. Notice trees changing color in the fall or sparkling with ice in the winter.
- 7. Laugh out loud.** Tell a joke or a funny story about what happened at work. Reminisce about the silly things you did growing up.

I got to spend three weeks with my dad as he was preparing to leave this life and what fun we had. He re-told me so many funny stories and we shared some great laughs together. I will always treasure that time we had. It helps me hold his memory close.



- 8. Hug each other.** Touch is essential to our emotional wellbeing, but the longer we live the less we tend to receive. Wrap your arms around each other or squeeze your parent's hands when you're coming and going.

Simple Pleasures That Take a Little Longer

- 1. Read a book.** Read out loud from a novel or the newspaper. Pick up large print books if your parents like them.
- 2. Watch TV.** Families used to gather around one giant device. Turn on an old sitcom.
- 3. Write a letter.** Letters are more memorable than email. Drop one in their mailbox.
- 4. Adopt a pet.** If your parents' circumstances allow, and if they want one, help them find an older dog or cat to love. If not, bring your dog over to give them some affection and entertainment. Call around to see if there are therapy animals in your area that could visit them.
- 5. Work out.** Take a walk around the block. Offer to drive them to senior exercise classes at the local Y.
- 6. Eat as a family.** Prepare lunch together. Sit down in the dining room or out in the back yard.

Giving back to your parents is a wonderful way of saying "thank you" for all they've done for you!

- 7. Gussy up.** Grooming becomes trickier in the later years. Invite your mother along when you're having a haircut or a manicure. If your father prefers privacy, buy a kit so you can give him a cut and a shave.
- 8. Clean the house.** Chores can be fun. Agree to vacuum their living room if they'll treat you to cookies and tea afterwards.
- 9. Volunteer together.** Show your parents that they can still make a contribution. Teach English to recent immigrants or sort food at a local pantry.
- 10. Plan an outing.** Fight loneliness and isolation by suggesting activities outside the home. Take your mother and father out for an afternoon at a local museum or shopping mall. Maybe your local library shows free old movies where you can mingle with other families with the same idea.

Each stage of life has its own special pleasures. Even when you and your aging parents may be struggling with your changing roles and the loss of independence, facing the transition together draws you closer. ♦

Lose Weight by Taking a Break From Your Diet

You can reach your ideal weight without giving up cheesecake forever.

If you're trying to lose weight, you'll find that the most effective diets strike a healthy balance between discipline and flexibility. It's okay to take a break from your diet sometimes.

These are some of the benefits of giving yourself a little time off, and some smart ways to indulge while you still watch your weight.

Benefits of Being Flexible About Your Diet

1. Boost your metabolism. A diet that is excessively low in calories actually slows down your metabolism so you eventually need to eat less just to maintain the same weight. Providing your body with the fuel it needs will keep you in prime condition.

2. Strengthen your willpower. Restricting yourself to a grapefruit for breakfast every day is bound to make you crave French toast with extra maple syrup. Reward yourself once in a while so you'll be less vulnerable to temptation.

3. Demystify forbidden foods. As long as you get most of your calories from fresh fruits, vegetables and whole grains, you can probably make room on your plate for a sensible serving of whatever you crave most. Split a brownie with a friend or eat a small bag of chips.

4. Keep weight off. Break the cycle of losing weight and gaining it back. The easier your diet is to live with, the better your chances of sticking with it.

5. Be gentle with yourself. Approach weight loss as a positive change you want to make to improve your wellbeing and enrich the time you spend with your loved ones. A constructive mindset will help you select foods that are good for you and bounce back from any lapses.



Smart Ways to be Flexible

1. Take a long term perspective.

Focus on eating healthy over the course of your life rather than cutting back each year just before swimsuit season. Eating balanced meals and snacks most days will keep you trim.

2. Identify your greatest challenges. Analyze where your diet gets put to the test. Maybe you celebrate the holidays with multi-course feasts or spend evenings snacking while watching TV. Slimming down a few favorite recipes or sipping tea may give you as much pleasure.

3. Bank your calories. Save up for a night out at your favorite Italian restaurant. Serve grilled fish for dinner the night before so you'll feel carefree about ordering the lasagna and a gelato for dessert.

4. Keep a journal. It's easy to lose track of how much we really eat. Making a notation of everything you eat can help you put on the brakes before a small handful of jelly beans turns into half a bag.

5. Get a hobby. Boredom leads to overeating. Save your extra calories

for the foods you really love. If you're just looking for something to do, take up photography or knit a scarf. Try volunteer work or take an adult education class.

6. Burn extra calories. Of course, exercise is the other side of the weight loss equation. If you eat an extra helping of dessert, add another 10 minutes to your daily workout. Engage in regular strength training like lifting weights so you'll build up muscle mass that burns more calories even when you're at rest.

7. Make the most of your treats. Savor your food. Make those exceptions to your usual diet truly special. Dish out your ice cream in a pretty glass bowl with a garnish of berries. Bake your own pita chips and sprinkle them with fresh herbs.

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You can reach your ideal weight without giving up cheesecake forever. Allowing yourself a little wiggle room is the key to developing a healthy eating plan that you can stick with for life. ♦

What is your avoidance type?

If you find yourself avoiding certain tasks, thoughts, or people, it's time to evaluate why you are doing so...

If you're one of those people who commonly avoid tasks or certain situations, it could be for several different reasons.

But before you can work on solving or completing a task you've been putting off, it's essential to narrow down what type of avoidance you are using to avoid something in your life so you can know how best to combat it.

Emotional Or Cognitive Avoidance

This type of avoidance usually happens internally and can't be seen by anyone other than the person experiencing the avoidance.

When you, emotionally or cognitively, avoid something, it means that you avoid thinking about it. This can mean either blocking out the thoughts when they come to mind or repressed memories that are incredibly stressful.

Emotional avoidance is especially prominent after someone has experienced a trauma and is very common in people living with PTSD. Sometimes this type of avoidance requires medical intervention to resolve.

Situational Avoidance

This type of avoidance is much easier to see among your family and friends.

Situational avoidance is when you specifically avoid a certain person, place, or

thing which may remind you of something which makes you unhappy. This frequently happens in friend groups when certain group members have had an altercation and don't want to go to events where they may see the person they have disagreed with to avoid causing problems.

You may also notice this type of avoidance in a friend who constantly changes the subject when a particular topic comes up in conversation.

Protective Avoidance

This type of avoidance is where you may go out of your way to protect yourself from feeling a certain emotion or experiencing something again.

For example, someone who was the victim of a robbery may obsessively check the locks on all the doors in the house to ensure they are locked. This type of avoidance can be one of the most dangerous as it can quickly escalate to more serious conditions such as obsessive-compulsive disorder or an eating disorder.

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If you find yourself avoiding certain tasks, thoughts, or people, it's time to evaluate why you are doing so, keeping the three types of avoidance in mind. Once you have discovered just what you are avoiding and why, only then can you work towards fixing the issue and getting professional help if you find that you can't overcome your avoidance tendencies alone. ♦

June Affirmation...



Spending time with my loved ones recharges me.

Spending time with my family and friends restores my energy. My loved ones breathe new life into my days.

My family and friends help me to feel connected. I enjoy giving my time and talents to the people close to me. I may cook a special dinner or give them a ride to the airport.

Quality time with my loved ones increases my ability to deal with stress. I bounce back from disappointments faster.

When I am with my loved ones, I find myself smiling and laughing more. Movies and TV shows seem funnier when we watch them together. Even a trip to the dentist's office becomes amusing.

Most of all, I experience living as my authentic self. I embrace myself with all my flaws and strengths. I receive validation. I am loved for who I am.

Sometimes we just hang out. We may do a load of laundry or watch a sunset. Other times we talk about anything from car troubles to our spiritual beliefs. I also ensure I spend time listening. I want to understand their views and experiences.

We share chores and adventures. Cleaning out the garage becomes more fun when we do it together as a family. Vacations become more exciting with a friend along for the sightseeing and scuba diving.

Today, I give thanks for my loved ones. Their presence fills me with energy and strength.

Self-Reflection Questions:

1. How can I make more time in my schedule to spend with loved ones?
2. How can I stay in touch with family and friends who live far away?
3. What are some activities I enjoy sharing with family and friends?

How Can I Stop Avoiding the Tasks I've Been Putting



favor and break the task up into smaller, more manageable tasks. You'll find that you'll feel less overwhelmed and can conquer the task much easier than you could before.

Set A Deadline

If you constantly tell yourself that you will do something "someday" or "when I have free time," you will only continue to put off that task. Now is the time to make a schedule and set a deadline for yourself. Schedule a time to complete each of the tasks you need to get done or each part of the more significant tasks you broke down, as mentioned previously. And if you finish on time, consider rewarding yourself as motivation to keep you on task.

Becoming and staying motivated can be very difficult, especially when it is a task you don't necessarily want to do. But with a slight change of mindset and breaking it down into more manageable pieces, you can accomplish anything, so set a deadline for your tasks and get moving today! ♦

Everyone puts off tasks now and then, but if you find yourself constantly putting off things you need to do, it's probably time to make some changes in your life.

There are several simple ways to help get yourself motivated and stop putting off tasks you've been avoiding.

Don't Make It A Big Deal

When people put off tasks frequently, it's because they are making the task out to be something much bigger or much more serious in their minds than it is.

It's time to put a stop to this practice in your mind. Tell yourself that the task isn't that big, and put it back into proportion. It may help to develop a mantra to remind you that the task isn't so bad and repeat it to motivate yourself.

Focus On Long Term Gains

When you procrastinate, it's often because you are focusing on the short-term annoyances. Such as that you don't want to get up off the couch right now. Instead, it's time to focus on the long-term gains of what completing that task will do to benefit you. It may also help to visualize how you will feel after you've completed the task and all the benefits you will experience.

Break It Up

If you are putting off a massive task, it may be because it just seems too big to handle all at once. Do yourself a

How Avoidance Actually Creates More Stress

When you have an especially difficult or stressful task on your plate, it can be very tempting to avoid completing said task. Or if you don't like to think about a subject because of an experience, it can seem easier to just not think about that topic. Both of these situations are known as avoidance, and though it may be tempting to engage in this behavior, it causes more stress than it relieves.

You Won't Stop Thinking About It

If you've ever experienced trauma, it can be tempting to avoid all thoughts of things that may remind you of the trauma you experienced. Although this may be less painful in the short run, the truth is, long term, this will stress you out more because the

thoughts of your trauma will always return until you genuinely learn to deal with them rather than avoid them. The same holds for certain physical tasks. You may put them off because you don't want to think about them, but this will only stress you out more because you will have to keep thinking about the task instead of simply completing it now.

You'll Run Out Of Time

When you put off a task, you may momentarily relieve your stress by telling yourself you will complete the task later. But this is worse than doing the job now because later you will experience more pressure as you are faced with a fast-approaching dead-

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Stress

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line. This is especially true if you haven't left yourself enough time to complete the task and have to rush at the last minute.

Avoidance Creates Conflict

Maybe a coworker is waiting for you to complete your work so they can get started on theirs. And if you didn't leave yourself enough time before the deadline, you may cause them to be late on meeting *their* deadline as well. This can cause a conflict between you as your coworker may be upset that you made them late. And when you experience conflict in your relationships, this only adds to your overall stress level rather than lowering it.

Although it can be extremely tempting to avoid certain tasks or put them off, this is a flawed approach as it will only cause you more stress in the long run. This is because avoidance doesn't solve any problems. Instead, it just creates conflict, which leads to increased stress in the future. ♦

“The greatest weapon against stress is our ability to choose one thought over another.”

Fuel Your Mind for Success With These Mind-Sharpening Treats

If you haven't been deliberately eating to fuel your mind, chances are you aren't doing enough to keep it sharp.

Lucky for you, there are delicious and nutritious foods with the power to keep your mind working at peak capacity and increase its longevity.

When you enjoy these treats, your mind will be ready to face anything thrown in its direction.

Yummy Brain Food

Here are five delicious foods that will satisfy your desire for guilty pleasure — without the guilt!

1. Almonds. Almonds are super powerful when it comes to strengthening brain power. Scientists have found that the nutrients in an ounce of almonds are effective enough to improve brain function by maintaining sharpness and alertness, and also improving memory.

- Just one ounce per day is enough to feel the positive effects of almonds on the brain.
- Crush them and include them in your yogurt snack, or just eat them on their own.

2. Dark chocolate. You may be pleasantly surprised to find out that this sweet treat has mind-sharpening properties. You'll be even more surprised to see the many ways dark chocolate is able to improve brain function:

- It stimulates the production of endorphins in the brain. Endorphins are the hormones which improve overall mood and keep you in the right frame of mind to tackle challenges.
- Between one-half and one ounce of dark chocolate each day will help to boost your concentration, thanks to its caffeine content.
- The antioxidants found in dark chocolate aid blood flow, which is a significant factor for achieving optimum brain performance.



3. Blueberries. You're probably already aware that blueberries are packed with all sorts of nutrients, but you likely don't know how those nutrients impact the brain.

- For starters, blueberries are tied to improved motor skills and learning capacity, both of which are important in your everyday life. Even though motor skills don't sound like a part of the brain's duties, they really are. Your brain controls everything in your body, including your motor skills!
- One cup per day can also help protect the brain from the effects of stress, thereby possibly reducing the risk of mental disorders like Alzheimer's.

4. Green tea. Having two cups of green tea per day helps to lessen the risk of cognitive impairment in older adults. Other brain disorders like Parkinson's and Alzheimer's are less likely to occur if you consume green tea regularly.

- To top it off, green tea also stimulates dopamine levels, resulting in a pleasant mood.

5. Wild salmon. Wild salmon, or other fish rich in omega-3 fatty acids, help to reduce inflammation in the brain and contribute to overall healthy brain function. About 4 ounces of the fish 2-3 times per week can result in a sharper, healthier mind.

So what are you waiting for? It's time for a snack! Get started on your mind-sharpening food regimen today to ensure your brain is ready and able to take you through any kind of day you wake up to. And enjoy what you're eating while you're at it! ♦

Journal Prompts for the Month of June

Here are 30 (and a bonus) journal prompts for the month of June inspired by the *Law of Attraction*, perfect for manifesting clarity, abundance, joy, and alignment as summer begins (in the Northern Hemisphere):

1–10: Manifestation & Intention Setting

1. What do I want to manifest this month, and why does it excite me?
2. How can I align my energy with the version of me who already has what I desire?
3. What beliefs do I need to let go of to allow my manifestations to flow?
4. What does abundance look like to me right now?
5. What does my dream life feel like this June?
6. What inspired actions am I feeling called to take this week?
7. If the Universe guaranteed success, what would I begin today?
8. What are three things I am magnetizing to me with ease this month?
9. What new opportunities am I ready to receive in June?
10. What small daily practice will help me stay in vibrational alignment?

11–20: Gratitude & Vibrational Shifts

11. What am I deeply grateful for that I once wished for?
12. How does it feel to be supported by the Universe?
13. What are five things I appreciate about my current life circumstances?

This June, align your energy with your desires—because what you focus on expands, and what you believe, you become.

14. In what ways can I raise my vibration today?
15. What experiences, people, or ideas uplift me and why?
16. What are three things I've manifested that remind me I am a powerful creator?
17. What makes me feel most aligned with joy and how can I invite more of it?
18. What area of my life is already overflowing with abundance?
19. How can I express gratitude in more intentional ways this month?
20. How does nature reflect abundance back to me during the month of June?

21–30: Identity, Trust & Alignment

21. Who am I becoming as I align with my highest desires?
22. How can I better trust divine timing and release control?
23. What stories am I telling myself that I'm ready to rewrite?
24. How can I act "as if" my manifestation has already arrived?
25. What would the future version of me thank me for doing today?
26. Where in my life can I soften and allow more receiving?
27. What signals is the Universe sending me that I'm on the right path?
28. What habits support my manifestation mindset?
29. How do I feel when I am fully aligned with my inner being?
30. What does it mean to me to live a life of alignment and purpose?

Bonus Prompt for June 30th: Reflection

31. What signs, synchronicities, or surprises showed me I was supported this month? ♦



The 20 Minute Way to a Stress-Free Work/Life Balance

While overworking seems to be popular these days, it's extremely damaging. There's absolutely no reason to overdo it, even if you have bills to pay. In fact, the harder you push yourself, the closer you get to the end of the line!

It's important to learn how to balance all the aspects of your life without just focusing on work. Sure, work is extremely important. It keeps your brain active. And it provides the income necessary for you and your family to survive. But it also wears you down, especially if you go non-stop.

The trick to balancing work with the rest of your life lies in a 20-minute exercise each day:

Five minutes for meditation. This exercise at the beginning of each day is crucial. Meditating can mean the difference between attacking your day with ferocity and approaching it with an aura of calmness.

Meditation centers your mind and calms your spirit. It also helps relieve any tension you feel about the day ahead.

Meditation can help you focus on your inner power and remind you that you're important to others.

Five minutes for planning. Once you've meditated, it's time to plan your day. Planning means organizing your tasks so you can be productive without abusing yourself.

Prioritize your tasks based on their importance.

— *Balance continues on page 8*

Try your best to stick to the plan for the day. Having a clear plan for what you want to accomplish helps to keep you focused and stress-free.

Five minutes for checking in. Whether all at once or in one-minute intervals, check up on yourself. Assess how well you've been able to stick to your plan. Have you accomplished your important tasks? Have you been able to manage your day without losing your cool?

There may be times when you'll have to readjust your list of tasks. There are bound to be unforeseen circumstances. But what's important is that you take them in stride.

Avoid letting unexpected events throw your plan out completely. Take a moment to change your approach. Learn how to go with the flow.

Five minutes for winding down. Now that you've come to the end of the day, it's time to wind down. You've probably never allowed yourself the opportunity to do that before. Taking time to wind down is the best way to relieve the stress of the day.

Engage in some relaxing activities. Do you like yoga or would you prefer to sit quietly and listen to jazz music? Let go of what happened today and get ready for tomorrow.

Winding down also opens you up to spending quality time with loved ones. You'll probably agree that at the end of a busy day, you may be too tired to interact with anyone. That will change when you allow yourself to wind down each day.

Once you try it, you'll realize that this approach works.

Designating these 20 minutes each day can help you maintain a balance between your professional and personal lives.

It can also help you manage all other aspects of your life with relative ease. And you'll enjoy a calmer existence that you didn't think was possible! ♦

How to Let Bygones Be Bygones

Deep down you know that there is simply nothing you can do to change the past. No matter how many times you wish you'd done something differently, the past will always remain the past.

You must find a way to, once and for all, be done with your regretful feelings. When you continue to fret over the past, you allow negative feelings to consume more and more of your life. Once you've put a stop to it, you can think positively again and your future will be brighter.

Getting Caught Up In The Past

It's easy to get caught up in the past. Nobody's perfect and, no matter how hard you try, you'll still continue to make mistakes. It's how you handle the mistakes that will make the true difference in your life.

If you've made a mistake or suffered a tragedy in the recent past, don't allow the tragedy to replay in your head over and over. You'll continue to relive the negative feels as if you were continually going through the tragedy. No one deserves this! Instead, you have two choices, you can actively work on correcting your mistake, or you can let the feelings go because they're not helpful to you in that moment.

Learn From Your Mistakes

There are lessons to be learned in every mistake you make no matter how minor it might be. The goal is to work on discovering what these lessons are.

When negative feelings surround you regarding your past, focus on the lesson learned. Maybe you would have never learned that lesson without the mistake. And now that you've gained this wisdom you can avoid making that mistake again in the future.

You can take everything one step further and do more with the lessons you've learned. Perhaps you can raise awareness by telling others about your experience. If you can help others avoid the same mistakes, you'll be doing something great for the world. It'll also

help you feel better about the situation.

Avoid Resentment

You need to do your best to avoid resentment and all negative emotions. Resentment is a poisonous emotion that can go out of control if you don't deal with it. You've probably heard of people who have had a falling out with a family member and resentment keeps them apart for the better part of their lives. Think about all the good times they've missed out on because of this bitterness!

Let It Go

Depending on what you've gone through, there may be a mourning period associated with your situation, but you'll eventually need to let it go. Since you know that nothing can change the past, letting go can prove to be very liberating.

When you let it all go, you learn to forgive yourself and forgive others. Forgiveness is such an important thing to promote in your life. It allows you to grow as a person and blossom forward to enjoy all that life has to offer. You weren't meant to sit around mourning the past no matter how tragic it's been for you.

How Negative Thinking Hurts You

When it comes down to it, sometimes you keep telling yourself you're over it but the negative thinking keeps creeping back into your life. You need to fully realize that the only person you're hurting is yourself.

Let's say you've hurt someone's feelings. You may think about this day and night until you can't take it anymore, and you have to seek this person out to apologize. The person might not even remember what happened, or they may just accept your apology. The point is you suffered with negative thoughts until you sought forgiveness.

There's no need to cause yourself severe suffering because you made a mistake, instead seek peace and resolution, then move forward with your head held high! ♦

Setting Boundaries with Others

You've probably heard people talk about setting boundaries. But what *are* boundaries, really?

Boundaries, in self-development, are limits you set to ensure that your growth is healthy and sustainable. Boundaries include having limits on the time you spend working on self-development activities. It includes taking regular breaks and engaging in activities that benefit your growth. Boundaries allow you to prioritize your health. As you can set aside time for rest, exercise, and developing relationships with others.

Boundaries are primarily for yourself, but sometimes you must set boundaries for others. When someone disrespects your boundaries, you must take action, so they don't repeat it.

Setting boundaries with others is complex, especially if it means risking conflict. Conflict may arise when people continue to ignore your boundaries. While you cannot force them to change, you can change things on your end. You can distance yourself from them. You can issue consequences for their continued disrespect.

You must remember that boundaries are essential for your well-being and self-respect. Healthy boundaries can improve your relationships and enhance your sense of self-worth.

To set the best boundaries:

Understand Your Limits

The first step in setting boundaries with others is to understand your limits. Take time to reflect on your values, priorities, and needs. Identify areas where you need to establish boundaries.

Communicate Clearly

When you set appropriate boundaries, it's vital to clearly communicate your expectations. Be honest and direct. Be specific about what you need and why.

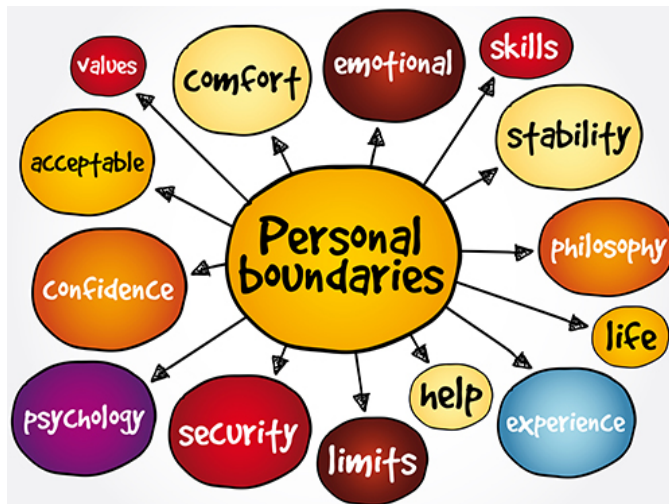
Be Assertive

Being assertive is another critical component of setting boundaries with others. Assertiveness involves standing up for yourself and expressing your needs confidently and respectfully. It's being clear and to the point about what happens if your boundaries are not respected.

Practice Self-Care

Practicing self-care is also important for setting boundaries with yourself and others. When you are mentally and physically healthy, it's easier to see where boundaries need to be set. It's also easier to follow through with consequences.

Setting boundaries isn't about pushing people away—it's about honoring your limits so you can grow without burning out.



Be Consistent

Consistency is essential for setting boundaries with others. Once you've established your boundaries, stick to them consistently, even if it's difficult. Consistency ensure everyone is on the same page at all times.

Be Open to Compromise

Setting boundaries with others doesn't mean being inflexible. So, be open to compromise. Find ways to meet others' needs while prioritizing your own. Respecting the other person's boundaries while being clear about yours is essential.

For example, let's say someone you're close to has expressed a boundary of "no advice". They only want to hear "good job". You Can avoid offering advice and simply acknowledge their efforts with positive feedback.

Another example would be if a client insists on touching base with you each day. But every day, they get off track, eating up work hours and ruining your concentration. Set up the daily check-in for the last part of the day or right before

lunch and set a time limit of 5 or 10 minutes.

Seek Support

Be sure to seek support from friends and family. Choose people who respect and support you. If needed, find a therapist or life coach to help you.

Setting boundaries is an essential component of personal growth and self-care. They help you establish and maintain healthy relationships. They allow you to prioritize your needs and protect your well-being. Boundaries are not meant to restrict or limit you, but to empower you to make choices that align with your values and interests.

Being proficient at boundary setting means you can communicate your needs and expectations to others from the onset. This act alone will reduce stress, improve communication, and foster mutual respect. Learning to set boundaries is vital to self-care and personal growth. It allows you to cultivate more meaningful relationships and, due to that, live a more fulfilling life. Do you have questions about setting boundaries? ♦

How to Use Positive Affirmations to Transform Your Life

You've probably heard the buzz about *positive affirmations*, but let's break it down—what are they really?

At their core, affirmations are *intentional, uplifting statements* that help *reprogram your subconscious mind* and *raise your vibration*. They shift your inner dialogue so that you're not just reacting to life—you're actively creating it. That's the Law of Attraction in action: *your thoughts influence your energy, and your energy attracts your experiences*.

Sound a little out there? Maybe—but consider this: how often do you say things like: *"I'm such an idiot,"* or *"I'll never be good enough,"* without even thinking about it? That's negative self-talk, and it's more powerful than you might realize.

Now imagine flipping that script. That's where affirmations come in.

Step 1: Get Honest About Your Inner Dialogue

Before you can shift anything, you need to tune into what's already going on inside. For a week, pay attention to your inner voice. Whenever you catch yourself thinking something negative—especially about yourself—*jot it down*. Carry a small notebook, or use your phone's notes app. Don't judge what comes up. This is just observation.

Step 2: Flip the Script—Create Positive Affirmations

Once you've got a list of your common negative thoughts, start gently flipping them into ****positive affirmations****. Group them by themes like self-worth, body image, or confidence.

For example:

Negative thought: *"I look awful today."*

Positive affirmation: *"I am radiantly beautiful, just as I am. My body is healthy, and I glow with confidence."*

It's okay if it feels a little awkward at first. You're not lying to yourself—

you're *tuning into the version of you* that already exists at a higher frequency.

Step 3: Write Them Down and Make Them Visible

Get creative with your affirmations! Write them on pretty sticky notes or index cards and place them where you'll see them daily:

- On your bathroom mirror
- Inside your closet
- On your laptop
- As phone reminders
- In your planner or journal

Or put them in a jar and pull one out whenever you need a vibe boost. Seeing these messages regularly keeps your mind focused on what you want to attract.

Step 4: Set Times to Practice

Consistency is key. Use your affirmations at *specific times* each day—especially during moments when you'd normally go down a negative spiral. Morning routines, driving, before important meetings, or right before bed are perfect times.

Replace negative habits with *intentional thoughts* that support the future you're manifesting.

Step 5: Say Them Out Loud

Speaking your affirmations aloud gives them extra power. It activates a different part of your brain, and hearing your own voice say loving, powerful things about you starts to rewire

your subconscious.

Look yourself in the mirror. Say it with conviction—even if you're faking it at first. Your subconscious doesn't know the difference.

Step 6: Reflect and Adjust

Check in with yourself every week or so. Journal about how things are shifting:

- Are you catching yourself faster when negativity creeps in?
- Do you feel more confident or calm?
- Have you noticed any small manifestations or positive changes?

The Law of Attraction teaches us that *what we focus on expands*. These reflections help you stay aligned and recognize the growth you might otherwise overlook.

Final Thoughts

Positive affirmations aren't just feel-good fluff—they're powerful tools for *changing the story you tell yourself*, which ultimately changes your reality.

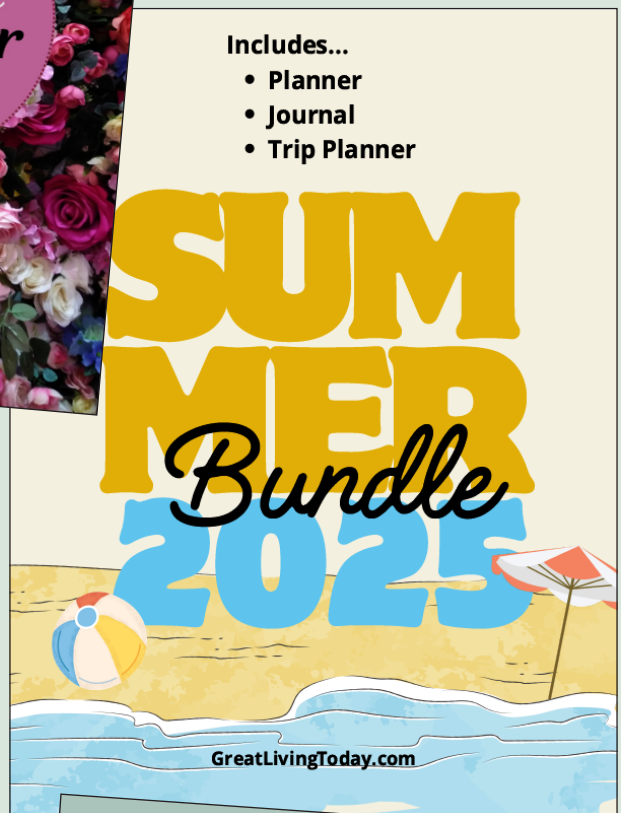
You're not pretending. You're *remembering who you truly are*, beneath all the noise and self-doubt.

The more you practice, the more natural it feels. And as your inner world shifts, so will your outer one.

Remember: *You don't have to be perfect to be powerful. You just have to be willing to believe in the possibility of something better—and affirm it daily.* ♦

Here are a few more positive affirmations for you...

- I am worthy of love, respect, abundance just as I am.
- I confidently express my true self in every situation.
- I am enough. I have always been enough.
- I trust myself to make aligned and empowered choices.
- I am magnetic to opportunities that match my energy.
- I am open to receiving wealth in unexpected and joyful ways.
- Money comes to me easily, frequently, and in perfect timing.
- I am aligned with the energy of abundance.
- I always have more than enough for everything I need and desire.



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