

We Are What We Repeatedly Do

*“We are what we repeatedly do.
Excellence then, is not an act, but a habit.”
~ Aristotle*

The degree to which you have choice in your process, affects your outcome. Consider the difference between someone who goes skydiving and someone who is thrown from a plane. Choice requires practice. It is about making mistakes and learning from them.

The following are all based on research to improve your mood:

- Buy fresh flowers and keep them in a space where you can view them during the day. Research shows that fresh flowers in your home or workspace improves your mood.
- Express gratitude to at least three people in one week. Research shows that expressing gratitude improves your mood.
- Listen to bright, cheerful music (that you also enjoy) at least 15 minutes a day. Research shows that music improves your mood.
- Practice a form of meditation at least 10 minutes a day. Research shows that meditation enhances your physical and emotional well-being, including a sense of calm.
- Count and journal every “act of kindness” you perform for one week. Research shows that you can increase your happiness simply by counting acts of kindness.
- Journal at least two pages about the things you are grateful for in your life. Research shows that expressing gratitude improves your mood.
- Plant seeds and take care of them as they grow. Research found that engaging in gardening provides opportunities to forget worries.
- Spend at least 30 minutes 3x during the week with three DIFFERENT leisure activities. Research shows that people function better when they take time away from work and responsibilities, doing different types of enjoyable activities.
- Exercise for 30 minutes each day. (This goal requires a current medical release on file with physician approval for activity). Research shows that regular exercise will help you think more clearly, increase your energy, help you sleep better, improve your mood, decrease anxiety and decrease stress, and raise self-confidence.
- Set your own goal - include time and effort. Tell someone about your goal and when you complete your goal. Research shows that accountability to completing your goal increases when people tell someone else.