

# 5 KEYS TO A SUCCESSFUL DAILY ROUTINE



*Start your day on "the good foot" by using these five simple tips to help you create a daily routine for a winning mindset as you get up every morning with the expectation of living your best life.*

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# Introduction

Hi! I'm Trinitia A. Green and I'm so happy that you chose to download my free gift to you!!! I pray that this E-book encourages you often.

Are you feeling unfulfilled and sort of trying to "find yourself"? Or, are you just searching for some inspiration/motivation to stay uplifted? Well, either way my friend, you have found a gem!

My heart's desire is to inspire, to motivate, and to encourage people just like you who desire to dream and make a difference in life by the things they do and the words they speak. It IS possible to leave a legacy of greatness. So let's get you started!

For more information, be sure to contact me at [www.dreamtrinitia.green.com](http://www.dreamtrinitia.green.com) or follow me on my social media outlets:

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## 5 KEYS TO A SUCCESSFUL DAILY ROUTINE

### “Starting Your Day on The Good Foot”

Most of us in life are creatures of habit. We often get comfortable with routines and structures...especially those that become part of our daily lives.

There is a common cliché that says, “When we know better, we do better.” In my humble opinion, I don’t really believe that is true. Rather, I have found in my own personal experience that when I APPLY the knowledge that I have learned I tend to do better.

If you are looking for ways to improve yourself and to become an overall happier and more reflective individual who appreciates life and the blessings it gives, here are five key tips that I’d like to share with you to motivate and encourage you. Implement them into your daily life and I promise you’ll see some great results!





# #1

## CHOOSE AN ATTITUDE OF GRATITUDE WHEN YOU WAKE UP



Let's face it, in reality there is someone, something bigger than you and I (*I prefer to call Him GOD*) that has allowed us to wake up. We have breath in our bodies and the activities of our limbs. We can use our minds to think and make decisions. We know our names and the names of family members. What a blessing!

Gratitude is choosing to be thankful for who you are and what you have. To practice a mindset of gratitude, keep a notepad by your bedside and make it a goal, or better yet, keep a gratitude journal (*you can check out my Gratitude Journal and Planner to help you with this @ <https://www.amazon.com/dp/B0B8BLZYKZ>*) and challenge yourself daily to list five to ten things that you are grateful for. Then at night, take a few moments to re-read your journal before going to bed and you will find yourself more reflective. You will also find yourself resting more peacefully.

# #2

## EAT THE RIGHT FOOD FOR THE RIGHT MINDSET



Just as your body needs nourishment to meet the activities of the day, so does your mind. Mantras or “affirmations”; as they are commonly called, are a great source of nourishment for the mind. The Holy Bible, which is the unofficial Breakfast of Champions, states in Proverbs 23:7 “*As a man thinketh so is he.*”

Think about something you wish to accomplish in life or think about the impact you want to make in the world or the legacy you want to leave and your Why. Then search through your favorite inspirational or motivational books and tools (*Pinterest and Google are great resources*) to find a quote or message that resonates with your spirit. Write it down on an index card or a post-it note and read it every day. Soak up the inspiration from your message to yourself and frequently think on it. It will become positive daily inspirational food for your mind. You will grow stronger and more confident and soon find yourself in a much better “mental space” in life.

# #3

## FIND ONE KIND DEED TO DO EVERY DAY FOR A STRANGER

"Paying it forward" has become a popular method today to be a blessing to people who are less fortunate than others or simply just to spread love, positivity, and peace in the world.

Nothing warms the heart or keeps one humble like meeting a need for someone who may be experiencing a disastrous or heart-breaking situation. When we can give of ourselves, we are able to connect with mankind on the most basic human level. We become compassionate. We become empathetic. The man or woman sitting on the corner begging for some spare change becomes a reminder that we are only one or two paychecks away from homelessness. The broken woman in the shelter with her frightened children who needs clothing and shelter reminds us that domestic violence can affect us all. You don't have to wait for a natural disaster or a heinous tragedy to help someone in need.

Make it your goal to listen and watch people and find a way to be a blessing to them. Buy the student studying at Starbuck's a coffee. Drop some change that folds (as opposed to jingling) into the person's box on the street. Pay or contribute to someone's bill in the Drive-Thru or the Carry Out or the grocery line. I often try to think of how I would want someone to treat me if I were in a difficult situation or was having a tough day and just needed a small pick me up. Then I set out to be that blessing for the day. I can't tell you the joy and appreciation that surrounds my soul to be able to make that difference in someone's life. It changes ME and makes me appreciate life much more.



# #4

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## MAKE REGULAR ACTIVITY YOUR BEST FRIEND



Walking, deep breathing, jumping rope, swimming, running, and jogging are all great regular activities to keep you healthy and active. Find some kind of activity you like to do and DO IT!

Doing things that you like to do becomes easier to consistently do when you spend your time doing them (*smile*). Discipline yourself to be consistent. Make no excuses. It keeps the brain sharp and the body healthy and active.

Chronic disease and sedentary lifestyles are ravaging many lives in today's society. Our bodies were made to move...to be in action. Most health experts say that completing 30 minutes of daily activity for a minimum of five times per week is enough to help keep you feeling better than if you simply did nothing.

People often don't like to exercise or sweat but hobbies such as gardening or dancing or even house-cleaning work just as well. So, get up off your hind parts and get to moving!



# #5

## MAKE PEACE WITH YOURSELF BEFORE ENDING YOUR DAY- (SELF REFLECTION)

Winding down to rest for the night is one of the most overlooked and neglected activities that we often forget. The cares of life press upon us and weigh us down and the busyness of hectic daily routines or activity can fatigue us so much so that we can find ourselves ending our day by sitting on the couch eating a comfort snack, watching TV, or checking our social media to “veg out” and take our minds off of the day’s events.

Worry and fear are two of the biggest stressors that plague us as well, so we often go to bed with the cares of this world on our mind. At night, we may toss and turn or even find ourselves staying up later and hitting the alarm clock earlier than we anticipated because we still must get up early to beat the traffic to work or school. This can turn into a vicious cycle that never seems to end, thus causing lack of rest and a lack of peace.

Physical rest is important for the body and the mind. This is the time when the body shuts down and works on rejuvenating itself to help you to be “fresh” in the morning when you wake up.

Just as you start the day with gratitude, make sure to end your day with gratitude. Create a routine that allows you to take time to journal your feelings and thoughts about what you were grateful for on this particular day. Reign in your thoughts and calm your spirit by reading a few inspirational passages from a nightly devotional or meditation source. Finally, establish a simple prayer life that allows you to express your worries, cares, and concerns to someone greater than you (*I prefer to call him God*).





## CONTINUED...

Here's one routine to try that will change your life:



- Find a small box or a small brown paper bag
- Take ten minutes each night to jot down your cares on a piece of paper
- Fold the piece of paper, pray over it and then release those cares to the someone greater than you (*from the Holy Bible, read 1 Peter 5:7, NKJV*)
- Take the folded piece of paper and symbolically “cast your care” by placing the paper in the box or brown paper bag and lay down to rest for the night.
- Empty the box or paper bag each day to remind yourself that you are no longer carrying those cares.

Continue to incorporate these five keys into your daily routine as much as possible. Set a goal or create a challenge for yourself. Find a family member or friend to hold you accountable and start working to live your best life today!

# Next Steps

If you found this material helpful and want to receive more inspiring contents such as this, follow me on my website or my social media at:



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**INSPIRE**

**MOTIVATE**

**ENCOURAGE**

***GOT DREAMS? DREAM BIG!!!***

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