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TODAY IS AN AMAZING DAY!



This eBook presents a focused approach to a richer appreciation of your life and yourself! This 12-page resource provides a variety of ideas and practical, step-by-step exercises to get more fully in tune with yourself.

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Happiness floods my thoughts and my life

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My thoughts are positive and filled with happiness. I take the time to enjoy my life. Because I want to live in happiness, I only think thoughts that support good feelings.

I am free of negative thinking.

Occasionally, a negative thought tries to creep in. During these times, I focus on all the wonderful things in my life, and my thoughts quickly get back on track. I feel my mood transform back to happiness again.

My joy seems to grow greater each day. I am grateful for my thoughts and my ability to control them. I am in control of my thoughts. ***I am in control of my level of happiness.***

Everything in my life seems to improve effortlessly. Joy fills my life, and I am filled with love and enthusiasm. Good things just happen to me.

My high levels of happiness have a positive impact on others too, and this impact

improves my life even more.

Life is easy. I am very fortunate and blessed to have such a wonderful existence. I deserve to be happy and live an amazing life. I am the happiest person I know.

Today, I choose to focus on happy thoughts. When I notice myself starting to feel down, I count my blessings and feel joy welling up inside of me. Happiness floods my thoughts and my life.

Self-Reflection Questions:

1. What am I happy about right now?
2. What thoughts do I need to replace with happier thoughts?
3. How can I exercise better control over my thoughts?

Today is an amazing day

Today is an amazing day.

Today is a great day. I am free from the past because I only focus on today. By focusing on today, I allow great things to happen. I live one day at a time.

I count my blessing each day and am grateful for the opportunity to live another day. My life is a gift and I am grateful.

I greet each day with high expectations and a child-like wonder. I smile before getting out of bed each morning. I know good things are going to happen. High expectations bring exceptional results into my life. I receive what I expect.

Occasionally, I may have a day that provides challenges, but I maintain a positive attitude. I know that I can handle any challenge with ease and with a smile on my face.

I only expect the best to happen but I am prepared for anything.

The choices I make today ensure that my day is exciting and interesting. I am free of negative expectations and doubt.

I know that the quality of my thoughts determines the quality of my day, so I maintain positive thoughts.

Today, I choose to have another great day. I choose to expect the best from those around me and myself. I rise above my past and expect a bright future. Today is an amazing day.

Self-Reflection Questions:

1. What was the best thing that happened today?
2. What do I need to remove from my life to ensure my average day improves?
3. What would make today great?

I see inspiration all around me

I see inspiration all around me.

Each day of my life, I strive to be original, creative, and open-minded.

I endeavor to come up with ideas at work about how to do something more efficiently. At home, I look for strategies to help me accomplish ordinary routines in ways that bring interest, opportunities to share, and completion of tasks. And to do all of these things, I am required to be inspired.

The process of finding inspiration brings out the best in me.

I notice I listen to others with my whole heart so I can glean the most important thoughts and ideas from the conversation.

I observe others with curiosity. I want to know what they are involved in and how they accomplish their goals in an average day. I am often inspired by watching a co-worker engage in a task in a different manner than I do.

I marvel at the inspiration I gather from my children. They bring to my life a

never-ending sense of wonder and a “can do” spirit.

It seems that, regardless of where I go and what I am doing, something inspiring finds its way to me.

Today, my plan is to find inspiration from my natural surroundings. I am proud of the fact that my eyes are wide open when it comes to discovering inspiration.

Self-Reflection Questions:

1. How easy is it for me to come up with a new idea?
2. What have I seen today that inspires me?
3. What can I do to insure I consistently notice the inspiration around me?

My smile is infectious

My smile is infectious.

The smile on my face results from happiness in my soul. ***When others realize I am truly happy, they smile when they see me coming.***

Whenever I give someone a smile, I am sure to make eye contact. A positive connection is created when I look straight into someone's eyes. It allows me to see their spirit and know if their response is genuine.

Even when the other person's pleasantries are only on the surface, I allow myself to be true with mine.

I am able to turn other people's moods around by giving them an honest smile. ***My smile denotes warmth and wishes for wellness.*** I truly want the best for those around me, even if they offend me.

Smiling from the heart has many positive effects. I sleep well when I am nice to others. ***I manage stress better when I focus on being good to my peers, co-workers and family.***

My genuine smile can even change

somebody's life. I see it in their eyes and the lightness of their step when my smile brings them happiness.

Today, it is important to me to continue smiling. I feel happier when I smile. My spirit jumps for joy when I smile from within. The beauty and joy that a true smile brings is food for my soul and can spread my warmth far and wide.

Self-Reflection Questions:

1. Have I encountered people who are turned off by the sentiments behind my smile?
2. How do I help my kids to find inner happiness?
3. Is there enough to smile about even when times are tough?

Forgiveness is a gift I give to myself

Forgiveness is a gift I give to myself.

While I may have been wronged in the past, I choose to forgive others. Forgiveness is a gift I give myself. By forgiving others, I become free of the past. I am then free to live entirely in the present.

Forgiveness sometimes seems like a gift I am giving to others, but it is really something I do for myself. Holding onto the past creates challenges in the present and future, so I choose to let go of the past and move forward without baggage.

I am grateful for the challenges of my past. These challenges teach valuable lessons that I can use in the present.

By forgiving others, I allow myself to fully engage in the wonderful aspects of my life. I choose to focus on the good parts of my life and to release the past. The past only has the power I choose to give it. I choose to be free of the past.

When I feel that I have been treated poorly, I search for the valuable lesson in that situation. Then I forgive and forget. I am mistreating myself when I hold onto a

grudge.

Forgiveness is a way of showing strength and compassion to others and myself.

Today, I give myself a gift by forgiving others for their transgressions against me. I feel light and free as a bird when I practice forgiveness.

Self-Reflection Questions:

1. Whom do I need to forgive?
2. What would I gain by forgiving that person?
3. Can I let go of my negative feelings about that person?

I am committed to my goal of healthy living

I am committed to my goal of healthy living.

When I am healthy, everything else seems to fall into place. I am committed to my goal of healthy living because I deserve it.

My body deserves to receive proper nutrition. When I feed myself well, I notice the difference in bodily functions. I drink the amount of water that is recommended for me. My skin glows and my hair and nails look healthy when I hydrate.

Giving myself the rest I need each night allows me to be more alert. When I am rested, I function optimally at work.

Adequate rest also makes me a wonderful person to be around. I recognize that when I am tired, I tend to be cranky. I avoid offending others with my crankiness by ensuring I get adequate rest.

Exercise is the key to feeling physically healthy. I commit to working out four times per week. It allows my muscles and joints to work at their best. I also remind myself to rest after exercising so my body can feel rejuvenated.

My healthy living regimen is rounded out by spirituality. I take the time to connect to that deeper place. It allows me to have true peace and accept myself as I am.

Today, I remind myself that I only have one body. I vow to treat it respectfully by living healthily. I am aware that healthy living contributes to a better quality of life.

Self-Reflection Questions:

1. How can I give myself daily reminders to ensure I stay on track?
2. Have there been days when I bypass my healthy living regimen?
3. Do emotionally trying circumstances cause me to overlook the importance of treating myself well?

I listen to my body

I listen to my body.

My body deserves the best care that I can possibly give it. I listen to my body for guidance on how to fulfill its need.

My body lets me know how to keep it fit and well. It rewards me with more energy when I eat right and exercise regularly. A sore throat may mean that I am getting a cold. On the other hand, it may mean that I am talking in a way that creates too much strain.

I pay attention to my physical reactions. They provide me with valuable clues on how to identify my true thoughts and feelings.

A sinking sensation in my stomach may mean that I am facing a conflict in a close relationship.

Stiff shoulders warn me that I am anxious during a business meeting.

An overall feeling of lightness adds to my satisfaction when I stick to my commitments and strive to reach my goals.

Communicating with my body is a skill. I train each day to improve my abilities. I start by slowing down and turning my attention inwards. Then I scan my body from head to toe for signs of tension.

I change my schedule according to what my body needs. I select more nutritious foods or take a break to stretch and walk around.

Today, I focus on what my body is saying to me. I trust it to tell me what I need.

Self-Reflection Questions:

1. What happens when I become quiet and listen to my body?
2. What are the major signs my body gives me when it needs more rest?
3. How can I integrate listening to my body into my daily routine even on busy days?

MANAGING HOW I RESPOND TO STRESS IS KEY TO MY PEACE OF MIND

Managing how I respond to stress is key to my peace of mind.

Each day brings its share of stressful situations. I understand that I am unable to control what happens to me, but ***I am resolute in managing how I respond to situations.***

This approach contributes to my continuing peace of mind. My reaction to situations dictates how well I am able to combat stress.

I know it is easy to get caught up in difficult situations at work. External factors can make my workplace untenable. ***But I learn to separate the situation from the reaction.***

It is important to me to display a positive attitude to unfavorable circumstances. I am convinced that how I respond determines the impact on my health and well-being.

There are times when stressful situations get the best of me. When that happens, I counteract that feeling with healthy activities. Exercise at the end of a hard day makes me feel very relaxed.

Meditation and pampering also help me to unwind and release stress. I treat myself to a long soak in the tub after a rough day. Pampering helps me to forget the cares of my world.

Today, I manage my response to stress with positive techniques that work well for me. Living a less stressful life keeps me youthful and vibrant. I want to maintain my peace of mind, so I do what is necessary for that to happen.

Self-Reflection Questions:

1. How do I cope with stressful situations?
2. Do I rely on the support of others to get through a challenging time?
3. How can I lessen the impact of a stressful issue?

Kindness softens my speech

Kindness softens my speech.

Words carry great power. ***I prepare my heart so that kindness softens my speech.***

One of the greatest beauties of kind speech is its ability to spread far and wide.

Being considerate of others makes my relationships run more smoothly. ***I notice the good qualities of others, and my words naturally become more affectionate.*** The people I talk with are more likely to feel respected. They become more relaxed and friendly too.

Regarding others with compassion is my starting point. I try to think about the pressures and challenges that my loved ones and coworkers may be facing. I give them credit for making an effort even if their performance could be better.

There are many ways for me to make my words more gentle.

I strive to become aware of how I address others. I consider the purpose of my communications and my effect on them.

I pause before speaking. This gives me time to select my words carefully and manage my emotions.

I prefer to avoid harsh words. I search for substitutes that will convey my meaning with more tact.

It is often useful to think about how I prefer others to speak to me. This provides guidelines for most situations. However, I also recognize that people have different sensitivities. I watch their reactions and ask questions to improve my understanding.

Today, I imagine my speech is like sunshine that brings more warmth into the lives of those I meet. This thinking brightens my own life too.

Self-Reflection Questions:

1. How does kind speech improve my relationships?
2. What is a milder substitute for a harsh expression I sometimes use?
3. How can I become more aware of my speech in stressful situations?

I allow good things into my life

I allow good things into my life.

I deserve good things and appreciate adding them to my life. As a result, the quality of my life matches my high expectations.

I have a tremendous ability to recognize the good in life.

Positive opportunities often present themselves to me. I quickly evaluate them and pursue those that are the most beneficial. On the other hand, I let go of the things that drain my happiness and resources.

I am blessed to have such wonderful people in my life and I am ready to welcome even more. I have plenty of room in my life for more goodness.

I realize the universe is limitless and can provide everything I want and need. Regardless of how good things are, they are getting even better. ***I am grateful for all that I already possess and enjoy.***

It is completely natural for me to allow good things to enter into my life. I am like a magnet for good things. I refrain from

indulging in self-judgment or self-doubt and expect positive things to happen.

Though negative things may occur, ***my positive expectations always remain.***

Today, I choose to expect positive outcomes. The more I reflect on the good things in my life, the higher my expectations become. I allow good things into my life and reject the negative.

Self-Reflection Questions:

1. What is the best thing that has happened to me lately?
2. What are some good things I'm expecting to happen soon?
3. In general, do I have positive expectations?

RECOMMENDED RESOURCES:

[The Health & Healing Blog](#)

– [http://mentalhealth-online.com/mentalhealth:](http://mentalhealth-online.com/mentalhealth)

Check out our Health & Healing blog for additional, in-depth Healing Resources Presented



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