

TOP TEN TIPS to THRIVE NOW!



Miracle Morning Routine

Get into the daily habit of rising early and beginning each day with your personal “miracle morning routine”. Your routine can include exercise, prayer and/or meditation, scribing, reading, drinking a full glass of water and eating a healthy breakfast! **P.S. You can read Hal Elrod’s book, *The Miracle Morning*, for more ideas!**



Unplug — Technology Parking Lot

For at least one hour a day, be fully present in your environment with no distractions — **no television, no cell phone, no social media, no computer.** Have them in a separate room and enjoy this time to fully unplug from the noise of the outside world.



Talk Nicely to YOURSELF — Positive Self-Talk!

Your body hears everything your mind says. A healthy outside starts from the inside! Write yourself a list of at least 5 positive affirmations. Every morning, read this list to yourself outloud. **Remember, you are a TEN!** For more tips on winning the mental game, check out www.mentalmanagement.com!



Phone a Friend

Make a commitment to call at least one friend or family member every day!



Have a “Night Out” from Your Own Home

Once a week, put on your favorite outfit, order in your favorite meal, and have a “night out” from your own home! Watch your favorite movie, dance to your favorite playlist, play your favorite game, or set up a blanket fort in your living room!



Set a Goal and Celebrate Small Wins

Write down a list of small daily and weekly goals you want to achieve. These goals can be things such as getting 30 minutes of fresh air every day or spending at least 1 hour a week reading. **Look at your written goals every day to remind you of what you’re working to achieve.** At the end of each week, **give yourself permission to celebrate the small wins!** For more strategies on goal setting, you can email Taylor Lowe at taylor@eagleuniversity.org for a **FREE** copy of Steve Anderson’s E-book, *The Science of Goal Setting!*



The 6/60 Rule

Take a **6 minute break for every 60 minutes** of working, studying, or “zooming”. Walk around the room, do jumping jacks, dance, anything to get your blood flowing.



Eat Health Food, Not Junk Food

Feed your engine with quality fuel, fruits, vegetables, and whole grains. ***Tip: grapes are the best brain food!**



Spread Acts of Kindness, Not Germs

One thing that we have seen all over the world is that kindness is prevailing in uncertain times. You can spread kindness by texting an inspirational quote to a friend who is struggling, telling a loved one you’re proud of them, sending a funny animal picture to a friend, donating to charity or a food bank, setting up a virtual coffee date with someone who is isolated, or offering to bring someone a meal who cannot make it to the store.



Gratitude

Gratitude is the antithesis to anxiety! Keep a journal and at the end of each day, write 5 things you were grateful for that day. **Gratitude will be one of your greatest weapons during these challenging times!** We encourage you to read John O’Leary’s book, *On Fire*, for an incredible story on the power of gratitude!