

# “MAKE IT A GREAT DAY”

## IT'S YOUR CHOICE

other lessons: Thermometer & Thermostat, Goldfish or Shark, 3-Sided Coin



**CREATE A MAGNET OF + ENERGY** Each day you have a **CHOICE** – radiate positive energy from your heart (electromagnetic field) or negative (germs or vitamins)

1. Do you ever wonder why you hear some of us say “**MAKE** it a Great Day vs. **HAVE** a Good Day? Well – It is all about Choice! Why wait to let someone else make the choice for you. Remember **YOU** control your **ATTITUDE & EFFORT 100%**
2. Today “Make it...” So many of us choose to live passive lives using words like ‘have’ a good day. Let’s flip that to ‘make it’ a great day...you decide in advance how you will respond to tough things during your day. Don’t have a good day, make it a great day! #LegacyBuilder

**"ATTACK EACH DAY WITH AN ENTHUSIASM UNKNOWN TO MANKIND" (Harbaugh)**

3. **Make It** a Great Day” = **OUR CHOICE** = Be a “**Thermostat**” = **WE set the dial** - this is where the control is. **WE** can control our actions and reactions to external circumstances that go within and around us = **ATTITUDE & EFFORT** -or- **Have a** Good Day = **Being a Thermometer** – letting ourselves be affected by external circumstances and changes.
4. **HERE ARE SOME THINGS TO REMEMBER AND A FEW “POWER WORDS” TO HELP YOU MAKE IT A GREAT DAY:**
  1. **SMILE** – it is **YOUR CHOICE** = turn on a light switch (turns serotonin on in your brain and others)
  2. **LAUGH** – you again have a **CHOICE** – tell yourself funny stories
  3. **KEY THOUGHTS. (ALL CHOICES)**
    - a. **GET TO**, not **HAVE TO**
    - b. **BLESSED**, not **STRESSED** (3:1)
    - c. **FAITH** not **FEAR** (root of all negativity)
    - d. **CHALLENGES** OR **OPPORTUNITIES**
  4. **FEED THE POSITIVE DOG WITH GRATITUDE & APPRECIATION = “PUT UPS”**
5. **“CONTROL THE CONTROLLABLES”**

Today, focus on the three things you can control. Your **ATTITUDE**, **EFFORT** and your **ACTIONS**. It doesn’t matter what the circumstances are, what others are doing or who you think is being unfair. Every day you can focus on being positive, working hard and making others around you better.

**“MAKE IT A GREAT DAY +1”**