

# 5 EASY WAYS TO START YOUR DAY

*Happy!*

- 1 Sleep with your curtains or blinds half open so you wake gently with the sun.
- 2 Lie in bed and think of five things you're grateful for before you get up.
- 3 Stretch for five minutes.
- 4 Avoid looking at your phone for 30 minutes.
- 5 Set one main intention and try to keep that in mind all day.