



Getting a Grip on How to Manage Daily Living

Sometimes it's important to know how to handle each and every day to start getting a grip on what in your life is...

- Manageable?
- Un-manageable?
- How can you tell the difference between the two.....well ask yourself...

Are you living your life

- On Purpose?
- By Design?
- With Passion?

S.A.F.E.T.Y. – The Safe Zone – A space and place where it's safe for you to PRACTICE (daily):

SURRENDER ACCEPTANCE FORGIVENESS ENJOYMENT THANKSGIVING YES TO LIFE!!!

Surrender here means that you are practicing a way of letting go of things that are seemingly out of your immediate control....surrender means letting go of the idea and the desire to control the situation whether it's about people, places, things, situations or events.

Acceptance means the idea and ability to flow with the go...if you will. Meaning, you can "accept" things as they are with minimal need to blame, shame, criticize and comment on how much this or that or this person or that person really 'bug', 'disturb', 'irritate' or 'bother" you whether it's what they do, who they are or what they say. Events, situations and things along with people.

Forgiveness is the idea or practice of 'forgiving' everything and everyone that fits into the categories where you cannot let it go or "surrender" and "accept" it or them because of(fill in the blanks on the people, places, things, experiences or situations)

Enjoyment is everything that makes you smile, makes your heart sing and lifts up your spirits.

Thanksgiving is all those places and spaces and people in your life where you have an attitude of Gratitude. What are you grateful for in your life today, this day?

Y is for **Yes to Life** in a **Youthful** and exuberant way! Where are you saying “Yes!” to things in your life? Where are you being youthfully playful and having fun!?!

How do you start your day and how you end your end:

- Physically? _____
- Emotionally? _____
- Psychologically? _____
- Energetically? _____

What are your routine habits—habitual activities or action upon awakening-upon lying to sleep:

- When you open your eyes and wake up 1st thing in the morning?
 - Top 3 habits – behaviors – actions?
 - 1. _____
 - 2. _____
 - 3. _____
- When winding down for the day and getting ready for bed>
 - Top 3 habits – behaviors – actions – activities?
 - 1. _____
 - 2. _____
 - 3. _____

Ask yourself how well are you managing and/or budgeting ... your:

- Time?
- Money?
- Your Happiness?
- Life’s Desires becoming a reality?
- Sadness and Gladness?
- Emotions?
- Physical & Mindset Health?
- Daily life performance of tackling tasks, lists and things to do?