

WELLNESS OF ME PROJECT

MY WELLNESS TRUTH – EVERYDAY IS A GIFT FROM GOD!

Honesty Reality Sincerity

Celebrating being present in *My Wellness Truth “EveryDay is a GIFT from GOD”*

Today, we embrace our newly found or redefine purpose while beginning to move forward on this journey for our healthy well-being. After being in a pandemic for over a year and going through many different life-changing experiences emotionally, physically, relationally, and financially, we now appreciate the GIFT of waking up to a new day. **Honesty** – It’s **ALL** about your **PERCEPTION** -which will give you the **PERSPECTIVE** that “*EveryDay is a GIFT from GOD*” So, let’s be clear - your **PERCEPTION** is what you interpret. It is your understanding of a given situation, person, or object. Your **PERSPECTIVE** is your point of view. It’s the lens you see the world through and determines how you view yourself, others, and everything else around you. **Reality** – Valuing the **GIFT** of Life. Appreciating your experiential learning in the chaos beyond your life circumstances. **Sincerity** –Enjoying the **GIFT** by being **PRESENT**. Savoring every moment by choosing **PEACE** of mind with **JOY** in your heart every time. (Read More)

FIVE “EVERYDAY IS A GIFT FROM GOD” BEHAVIORS

✚ GRATEFUL HEART

- *EveryDay* while being PRESENT, have a **Grateful Heart**. Each chance you get show appreciation with kindness and be thankful.

✚ GRATITUDE ATTITUDE

- Approach *EveryDay* with a **Gratitude Attitude**. Always be ready to show appreciation toward your family, friends and nature.

✚ GENTLE SOUL

- Encounter *EveryDay* with compassion from the depth of your **Gentle Soul**.

✚ GENEROUS MINDSET

- Start *EveryDay* with a **Generous Mindset** by giving more and making a difference in someone’s life.

✚ GENUINE LOVE

- Be authentic and sincere in your interactions *EveryDay* with a heartfelt **Genuine Love**.

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