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Wanda's Way to Live Positively

5 Tips to Start Your Day

Taking the time to start your day in a positive way can set the tone for your whole morning

- **Write things you are grateful for**
This practice cultivates a positive mindset and encourages you to recognize the blessings and abundance that surrounds you.
- **Pray/Meditate**
Taking a few minutes in the morning to connect with your inner self and the divine can set a positive tone for the rest of the day. This sacred time allows you to center yourself, find peace, and cultivate a sense of gratitude.
- **Create an affirmation/mantra**
This is a powerful tool to help you rewire your brain, reinforcing positive thoughts and emotions.
- **Set a wellness goal**
Whether it's prioritizing self-care, incorporating physical activity, or practicing mindfulness, having a wellness goal in mind can provide you with a sense of purpose and direction.
- **Invite someone to join you in exercise or to take a walk outside**
Exercising with a partner can provide encouragement, support, and motivation, making it easier to stay committed to your fitness goals. Not only will you be taking care of your physical health, but you'll also be able to enjoy the fresh air and the beauty of nature.

5 Tips for Midday

Taking a moment to do something positive keeps you on track, energizes you or turns around a day that's been difficult.

- **Send someone a positive text**
Taking a moment to express kindness and support through a text can create a ripple effect of positivity. Letting someone know that you believe in them, appreciate them, or are cheering them on can boost their motivation and inspire them to keep pushing forward.
- **Thank someone for something they have done**
Your words of appreciation will not only uplift their spirits but also inspire them to continue spreading kindness and making a positive impact in the lives of others.

Empowering women of all ages to enrich, improve and enhance their well-being, personal relationships and professional lives.



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- **Give a hug**
This simple act can have a profound impact on both the giver and the receiver. Hugs have the power to uplift spirits, provide comfort, and strengthen bonds.
- **Keep positive quotes and thoughts in front of you**
Having these positive reminders in your line of sight can help cultivate a more positive and productive mindset.
- **Listen to motivational speakers and upbeat music**
Tune in to the words of influential speakers who can uplift your spirit and help you stay focused on your goals. Pair this with lively and energetic music that can boost your mood and bring positivity into your day.

5 Tips to End Your Day

Positivity is also self-care and helps you release anxiety or worries and sets the stage for great sleep

- **Write 3 things you are grateful for**
This simple practice of gratitude can have a profound impact on your overall well-being and mindset. It allows you to shift your focus from what may not have gone well during the day to the positive aspects that you can appreciate.
- **Practice your favorite self-care routine**
Remember, self-care is not selfish; it is necessary to maintain a healthy mind, body, and spirit. So, go ahead and give yourself permission to unwind and show yourself some love. You deserve it!
- **Share the best part of your day with someone**
Sharing these moments can create a sense of connection and foster a supportive environment, making your day even more meaningful and fulfilling. You not only uplift your own spirits but also spread positivity and inspiration to others.
- **Infuse your environment with a relaxing scent**
Soothe your mind, body, and soul by immersing yourself in a fragrant experience that will leave you feeling refreshed and ready to embrace the new day ahead.
- **Read/listen to something inspirational or relaxing**
This practice will not only help you relax, but also set the tone for a peaceful and restful sleep, allowing you to wake up refreshed and ready to tackle the challenges of a new day. Make it a habit to end your day on a positive note and let the words or melodies you encounter guide you towards a brighter tomorrow.

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