

Smile, Shine, and take it one day at a time.

Taking time to celebrate and appreciate the small things in life is important. No matter how small our accomplishments may be, they are stepping-stones towards achieving the bigger milestones. Do not put pressure on yourself. If you have a bad day, do not be hard on yourself. Accept that it is just one of those days and know that tomorrow's a new day!

Continue to track your moods and feelings on a new monthly tracker. Being aware of how you feel will allow you to work with your feelings instead of working against them. If you are feeling low and have not achieved what you intended, do not be hard on yourself. Accept this and know that moods and feelings change and you will be able to accomplish more when you are feeling less tired or stressed.

