



The 3 S's

It's recommended to sit comfortably and close your eyes through this practice, which takes a total of about 90 seconds, but closing your eyes is not required. It can be done anywhere you are.

Smile

(Quietly smile for 20 to 30 seconds and hold the smile through the next 2 S's)

Say Thanks

(Think of 3 to 5 things you're feeling grateful for right now, while smiling, and when you start feeling the gratitude in your heart from this, after about 30 seconds or so, move on to the next step).

Set Your Intention

(In your mind, set a clear intention for what's ahead or what you'd like to create / accomplish this day. Picture it clearly, feel the feelings of it as if it's already done. When you feel this energy rising within you, you've completed the 3 S's.)

Intention, followed by action, is an
incredibly potent formula for creating a
joyful, purposeful, energetic life.

- Kristi Ling Spencer