

Count your blessings

Grateful people tend to have a sense of abundance rather than scarcity. Be grateful for the big and small things in life. Focus on all that you have versus what you feel your life is lacking. As you begin a gratitude practice, it

No More Monday Morning Blues

Few people actually look forward to Mondays, but the first day of the week doesn't have to be the worst day of the week. If you find yourself feeling anxious or overwhelmed Sunday night by the anticipation of work and work-