

[How to Enjoy The Blessings of Today](#)

As business owners, managers and professionals, we all want to enjoy our blessings everyday. As we work and play this Summer, let us take time to enjoy each day to its fullest. How will you spend each day to enjoy the blessings of this precious gift? The following are 5 recommendations on how you can enjoy each day to its fullest:

1. Get spiritually filled - **I read my bible and other "good" books, pray for myself and others, meditate on Positive thoughts**
2. Get physically charged - **I rest at least 8 hours for healing and rejuvenation, eat 5 small balanced meals, exercise at least 30 minutes, drink at least 10 glasses of water**
3. Get emotionally involved - **I smile often with myself and others, laugh out loud often**
4. Get mentally sharpened - **I read stimulating articles that lead me to action, play word games, complete crossword puzzles**
5. Get socially engaged - **I speak with people who I encounter (strangers waiting to become friends), associate with people who make me feel good when I spend time with them**

Don't delay! Enjoy the blessings of today!

About the Author: Rosemarie Strawn is a Motivational Speaker and Corporate Trainer with over 15 years experience in Productivity Improvement. She has integrated her strong corporate Managerial and Technical expertise to develop comprehensive training solutions. Also, Ms. Strawn provides Public Speaking Coaching to increase sales and customer satisfaction. Ms. Strawn is the Owner of **Positive Actions**.

Since 2001, **Positive Actions** has motivated teams to increase productivity, teamwork and communications with each other and their customers through results-oriented, customized and cost-effective Training Seminars and Motivational Speeches. Some training seminars are Public Speaking, Time Management and Change Management. Some Motivational Speeches are Positive Attitude for Productivity Improvement and Live the Entrepreneurial Lifestyle. Visit www.positiveactions.com/services/seminars.htm for more details. **Positive Actions motivates through results-oriented "Team Productivity Training" to increase profits.** Complete the Training Survey at www.positiveactions.com and get 10% off. View a 5-minute video with helpful tips from our "Public Speaking" workshop at www.positiveactions.com/mediaupdates/strawn5min.asf. Subscribe to our Ezine on Productivity Improvement at www.positiveactions.com/ezine. **Positive Actions** is located in Piscataway, New Jersey. **For results-oriented Training Seminars and Motivational Speeches, please contact us today at 732.394.0406 or at [www.positiveactions.com/Corporate Buyers/index.htm](http://www.positiveactions.com/Corporate_Buyers/index.htm).**

Enjoy your Summer! My wish is for you and I to enjoy our blessings everyday...