Monday 1st

#WorldComplimentDay

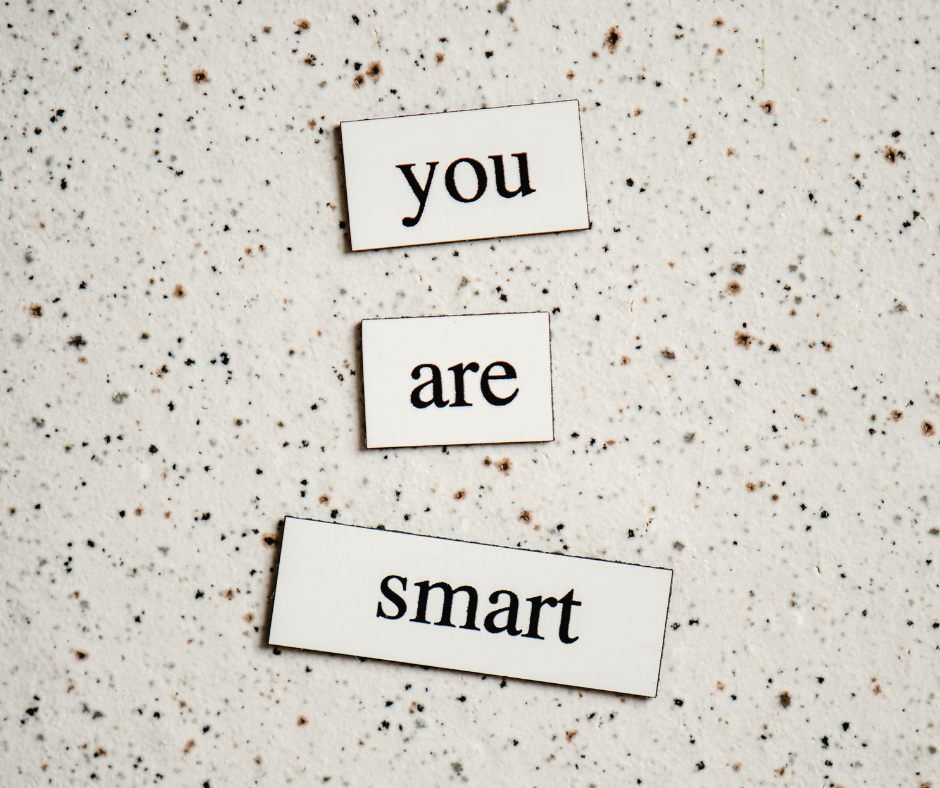
Bring joy through simple verbal affirmations of appreciation!

Giving a compliment is easy, whether it’s telling someone you like their jacket, or letting them know they’re doing a great job – whatever it is, it can change someone’s whole day around.

Vocalize your positive thoughts and bring joy to the people around you!

Here, I’ll start: You are a beautiful soul!

Have a bright day!



Tuesday 2nd

If you could interview one person in your field, who would it be?

What would you ask?



Wednesday 3rd

The teaching of the week from “Daily teachings” by Rhonda Byrne.

“To change your life fast, use gratitude to shift your energy. When you put all of your energy into gratitude, you will see miracles take place in your life.

To change things quickly, commit to writing 100 things you are grateful for each day until you see the change. And FEEL the gratitude. Your power is in the FEELING that you put into the words of gratitude.”

Gratitude and Love,

Adina x”



Thursday 4th

What would you like to tell your 5th grade self?

I would say: “Stay a kid a little longer, it’ll be worth it!”



Friday 5th

How do you prioritizing your to-do list?

Organizing tasks is crucial.

Here are 5 tings to consider when you do that:

1. Time – how much time does it take you to complete the task?
2. Importance – is the task due soon?
3. Consequences – what will happen if you do not complete the task?
4. Benefits – how will improve your life? How rewarding will it be?
5. How will affect others? – is there anyone who counts on you to complete the task?



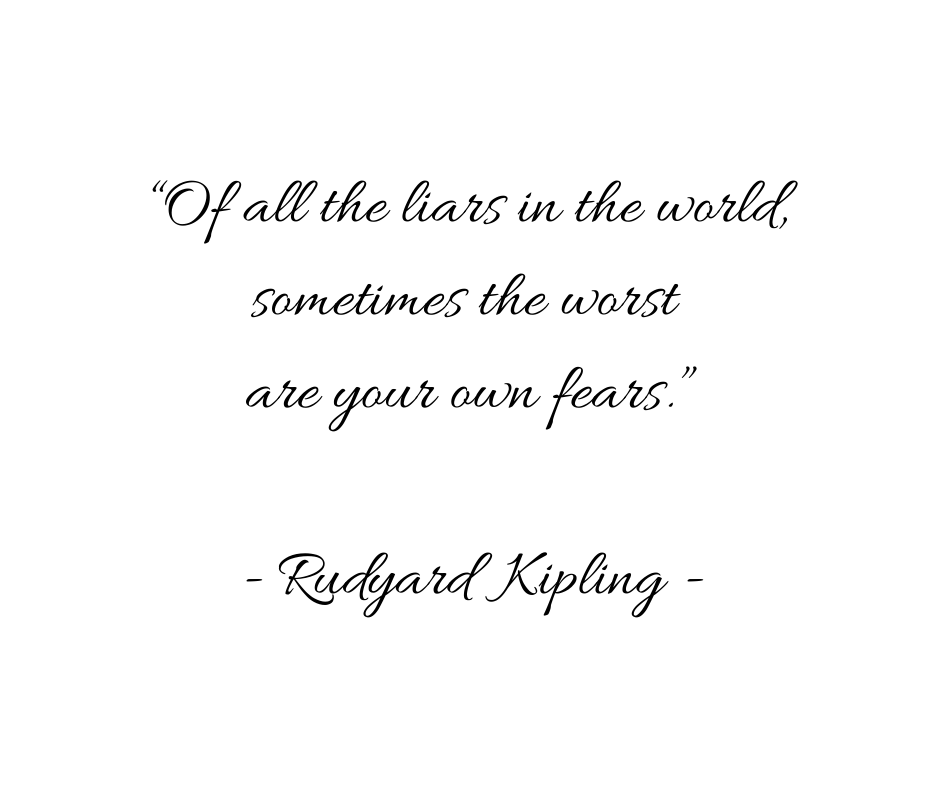
Saturday 6th

“Of all the liars in the world, sometimes the worst are your own fears.”

- Rudyard Kipling

Fear is a natural reaction to the unknown. Even though is natural, it shouldn’t stop you from following your dreams.

How do you overcome your fears?



Sunday 7th

Here goes the first week of March!

I hope it was a good one for you.

What’s the plan for today?

I am going to relax and schedule my agenda for the next week.

