

THREE QUESTIONS TO START YOUR DAY...

I wanted to share the three questions I try to start each day with. They move my morning mind from a space of scarcity to one of abundance. Considering these questions reminds me that God is constantly opening the world up for me, rather than a world that it is easy to believe is closing in around me.

Most people cannot answer these three questions about their prior day off the top of their heads. But when you know you are going to need to answer these questions the next day, you begins to notice these moments and even create these moments, throughout your day. In your meditations try to answer these three questions each morning for a whole week.

1. Was there a moment where someone made me smile yesterday?
2. Was there a door or opportunity yesterday God tried to open for you?
3. Was there someone you got to uplift yesterday?