

I was struggling to get out of bed. I slept fairly well. I got my usual amount of sleep, but I just felt groggy and grumpy. I tried to think about why, but nothing came to mind. I took my feet out from underneath the covers and it only got worse. I quickly put them back under. This made me smile. Then I asked myself, "What is the best part about waking up in the morning?"

My answer came quick. It was the first sip of water. This thought actually started a flicker of a spark to get me moving. I took my legs out from underneath the covers, sat up and put my feet on the ground. Then one step at a time I walked to the bathroom, took a drink of water from the faucet and felt a little better. I was going to be ok. No, I was going to be better than ok; it was going to be a good day.

10 Inspiring Questions

1. What is one small thing you are grateful for right now?
2. What has made you the strong person that you are today?
3. What has frustrated you this week? What is one thing you can do to accept this situation and then let it go?
4. What was the biggest obstacle you managed to overcome last week?
How did you overcome it?
5. Who are you grateful for today? Why?
6. What is your greatest source of inspiration?
7. What is a small thing that amazes you?
8. Can you ask someone to help you with a personal dream that you have this week? Who is it and what would you ask for?
9. What skill will you try to improve today?
10. Who have you judged recently? What can you do to be a little more accepting of them?