

# The very 1st Hour of Our Day Determines the Next 23 Hours

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**The first hour of our day** can set our attitude for the entire day; so for breakfast we can either feed the bad attitude or we can feed our positive attitude; whichever attitude we feed, will grow the entire day.

*Quote:*

*Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.*

*Author: Francesca Reigler*

We need to **make our CHOICE in the first hour of the day** to stay positive; when the **first hour** in the morning **goes good** we can usually **handle the rest of the day**, but when the first hour starts out bad, it can create a bad attitude for the entire day.

But, my biggest DO NOT DO is: **Do not let** a bad attitude continue, because nothing good can come from this.

Usually the only things that come from a bad attitude are things we say or do that we wish we could take back.

## Start Your Day with 5 Positive Actions and Thoughts

*Quote:*

*Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious.*

*Author: Bill Meyer*

## Make a List of your 5 Positive Actions and Thoughts, and let this be your Morning Routine....

I like to have a **Morning Routine**, this helps me **start my day off Positive**, and it keeps things more calm; especially with my children, I like to be double calm.

However I do find **when I don't do** my **5 Positive Actions and Thoughts** first, this gets me off my Morning Routine and I get a little more impatient, and irritated throughout the day, which **affects my Positive attitude**.



Tammy Taylor  
CEO, Tammy Taylor Nails Inc.  
Entrepreneur and Business Owner

**This is my Morning Routine; I have written down my 5 Positive Actions and Thoughts I do to start my day:**

- Praying
- Thinking about my Family and Friends
- Thinking about my Business and my Clients
- Listening to music
- Reading my Bible

**But, some days are more challenging than others; so if I start getting impatient and irritated in the middle of the day, I go back to my 5 Positive Actions and Thoughts, and I start my day over again from this NEW Starting Point.**

**NEW Start:**

**This NEW Starting Point will now be My NEW First Hour for the Rest of My Day; sometimes I need to Re-Start my day 3-4 times throughout the day, and sometimes I only need my ONE good Start first thing in the morning.**

*Quote:*

*"I'm not happy, I'm cheerful. There's a difference. A happy woman has no cares at all. A cheerful woman has cares but has learned how to deal with them."*

*Author: Beverly Sills*

So, let's start off our mornings just like Tony the Tiger says, "GGGGRRREEEEEEAT!"

***with love,  
Tammy Taylor***

*Isaiah 40:31*

*But those who wait on the LORD will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

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