

# BUILDING BETTER DAYS

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# Better days don't just occur

Given today's deluge of challenges – covid, restrictions, uncertainty – those better days seem fewer and farther apart. Within these limitations can also be opportunities, opportunities to reflect on what's going on with us internally, as well as what's happening externally in our life and our communities. As pressures of life and the world diminish what's available to us, it can also highlight what is within our control – so we can do the best we can with what we have! A growing negative bias which tells us what we can't do can be pivoted by being grateful for what we can do and what we do have. This perspective of gratitude can give us a lens to look through so we can see all the good within us and others, and just as importantly help us create a path to better days.

**we need to make them happen!**



# Focus on your strengths & opportunities!

Building better days begins with planning for a good day. Planning a good day can be best done from a position of clarity and the foundation of our strengths. Too often we fixate on what we perceive as our weaknesses and our limitations. Let's flip that and focus on our strengths and the opportunities that are available to us. Identifying our strengths and using them to help us chart a course of action will make planning and building a great day an exciting and inspirational endeavor, versus a task.

Action Steps:

# 1

## List your strengths

Commitment, team player, motivational, vulnerability, resiliency, planning, inclusivity, showing up, curiosity, etc.

# 2

## Look for opportunities

community (reduces isolation), fitness (increases energy & optimism), social (ask a family member or friend to join you for a book club, bootcamp or walk, builds commitment & community).





# Life is best lived a day at a time

When we shift our focus to doing better and being better we create a focus on the upside of living. Keeping in mind that where the focus goes, the energy flows, harness that energy and join with others to create a fire of enthusiasm and achievement. "Better: (verb): improve on or surpass (an existing or previous level or achievement). Let's think about setting a goal that identifies an activity or action that will feed that fire. Perhaps it's doing Thomas's motivational run program or volunteering at a community organization. The process of joining with others and thereby helping them and ourselves, creates an energy we can use to look at our days as positive opportunities to live our good, better life!



# Taking Action

Here's where we suggest taking some actions that will get you involved in bettering your life and the lives of those in your communities. Please list those strengths, look for those opportunities and reach out to others and commit to some action-oriented goals. Get as far as you can with it and then let the change, the movement, the bettering you want, be the opportunity to let the next step be reaching out to others. Getting out of our negative stuff, our self-limiting thoughts, by joining with others creates clarity, commitment and the joy of process with which we can deal and yes heal our stuff.

**1**

**Identify the activities that light you up!**

**2**

**Find others with similar passions, purpose or challenges**

**3**

**Set a goal so we can plan to better(achieve) that goal**

**4**

**Write out your best(better) day**

**5**

**Make a schedule of a good week**

**6**

**Commit to a month of positive, resilient focus and action**

**7**

**Reach out to others – be vulnerable –**

**8**

**Know that if you feel alone, down or empty we have too**

**9**

**Know that if you feel down or empty, you are not alone**

**10**

**You get better, we get better, it gets better**



## Join us in our daily quest of making every day, a better day!

We're looking to build community right here in our neighborhood. We feel the way to help ourselves and others, as well as create the change we want to see in our worlds, begins in the here and now. At Motivated Fitness and throughout our community we use fitness to create movement of body and mind which builds spirit and mental health. Let's make "Better days" a movement of community towards lifting ourselves and others up!

