


5-Step Plan for Taking Back Your Rotten Day

1. Fill your heart and mind with the life-giving and life-sustaining words of Scripture  daily!
2. Enlist God's help. He offers grace to live this life well. Ask Him for it.
3. Study your triggers, and prepare in advance. What sets you off?
4. Create a plan for reining in those out-of-control emotions. How can you best handle those triggers?
5. End with thanksgiving for the blessings of the day. Gratitude can brighten our attitude.

