JordanParis.com
TrendUp.Media

# HOW TO
# START THE DAY
# IN A GOOD MOOD

Jordan Paris ✔

# 01

A GOOD DAY STARTS THE NIGHT BEFORE. GO TO BED EARLY AND GET 7+ HOURS OF SLEEP.

Jordan Paris ✔
**JordanParis.com**

# 02.

# UPON WAKING UP, READ FOR AT LEAST 15 MINUTES

03

# MEDITATE FOR AT LEAST 5 MINUTES

Jordan Paris ✔
**JordanParis.com**

# THINK OF (OR WRITE) 3 THINGS YOU ARE GRATEFUL FOR

# SMILE

Jordan Paris ✔
**JordanParis.com**

SUBSCRIBE to GROWTH MINDSET UNIVERSITY on Apple and Spotify

JordanParis.com/sub

Jordan Paris ✔
JordanParis.com