

**1****DAY 4 GROUP****Exercise 1 of 3: Be the Architect of Today**

*Set a positive course by consciously determining your intention for today.*

Many people don't understand the power of their thoughts, because they live every day on autopilot, doing most things out of habit. When we live this way, we are not the conscious creators of our reality but instead, allow our unconscious - with all of its biases and filters - to determine what kind of day we will have. It's a little like wearing a blindfold as we move through the day.

Once we realize that we have the power to choose how we perceive the world, we can become the architect of our reality. Another way to think about this, is that when we choose our thoughts, we choose our behavior, which means we choose the outcome. Every choice we make determines how we feel physically, mentally, and emotionally.

Now, let me ask you this: How do you start your day? Is it with gratitude and happiness—or doom and gloom? A day is easily ruined if it's started by holding onto negativity and resentment.

Being the architect of your day begins with setting an intention - that is a set of instructions that you give yourself, which guides you throughout the day. For example, you can intend to have a productive day; you can intend to have quality time with your family and friends; you can intend to have a fun and creative day; you can intend to have a calm and peaceful day; you can intend to learn something new or be helpful to someone. The possibilities are endless.

When we do this, we program our brains to see things through the filter of our intention, instead of the unconscious filters based on our past experiences and thoughts.

Whatever intention you choose, just be clear about what it is you want. It's even better to say it out loud and find ways to remind yourself of your intention throughout the day.

There aren't any rules about the best way to do this. The only thing you need to remember - whatever you choose - is to make sure it aligns to your heart, mind, and spirit. In other words, you truly need to believe it!

As you begin each day, ask yourself, do I want to think and act like I did yesterday? Or, do I choose a new reality?

Just know, you can make it happen. It's not magic. All you need to remember is that you have the power to choose how you perceive the events of the day.