

# 5 Ways to Live a Fully Charged Life



Do you want to add more joy and positivity to your day? Here are five simple habits recommended by Meaghan Murphy, the author of *Your Fully Charged Life*.



## 1. Frontload your "yays"

Start your day with all the really good stuff. A morning workout, yummy breakfast, your favorite podcast.



## 2. Erase "hate" from your vocabulary

Language has power. Removing "hate" from your day can allow for more positivity.



## 3. Straighten up

Researchers have found that your posture can affect your mood. Sit or stand up straight, shoulders back, head up.



## 4. Crack a smile

Facial feedback research suggests that a smile can improve your mood (even if the smile is a little forced).



## 5. Talk to yourself like a friend

A pep talk can energize you. Use "you" or third person to add psychological distance and make it more effective. "You've got this."  
"You tried your best."

