

Part of having a good attitude is how you see yourself.

Do you look at your body in the mirror and love it regardless of the bumps, lumps, and flaws? The way you see yourself affects you to your core and that reflects in your attitude.

We have all suffered--it is part and parcel of the human experience. But we can either surrender to our suffering or surrender our suffering to the One to whom we belong. The One who loves you through the suffering.

How can you possibly have a good attitude in the midst of suffering? Here are 10 things that will help you:

- Gratitude - I cannot tell you how important this is and how powerfully it will change your perspective--quickly.
- A little self-care treat daily - Schedule in a little time to take care of yourself and show yourself, love. Yes, daily!
- A strong daily (especially morning) ritual - Not just a routine for your house, but a routine for your soul--this is how you're fed.
- Stay away from negative news/social media - Don't get drawn in--the negativity stays with you.

- Laugh! - Funny movies, comedy shows, time with friends. Laughter will chemically alter you with the feel-good hormones.
- Take a break from your suffering - Take an emotional break--you don't need to suffer 24/7. Do something to have some fun.
- Meditate, don't medicate - Try meditation first--seriously. Studies show meditation can produce a deep state of relaxation and a tranquil mind.
- Music, dancing, moving - The music you love will lighten your mood--especially if you throw in a little dancing or movement!
- Allow for crappy days - Not every day can or will be good. Feel what you feel and allow for it--just don't live there.
- Nature, art, friends - All three will lift your spirit, feed your soul, and bring you a fresh perspective.

Suffering happens to all of us at some point in our lives. It can knock us down for a minute, but we have the ability to get back up. Your attitude always determines your altitude--so classically cliché, but so incredibly true. Use this list of 10 things when you need it. And soar dear lovely! 