

Wonderful Wednesday



It's a new day, wonderful Wednesday!!

What is the first thing you do each morning? What are your goals for today if any? Did you have breakfast? Did you pre-pack lunch? Do you ever complete your to-do list every day?

Well, what am I up to? Well, the first thing I do each morning as soon as I awake is to thank God for the day and begin my devotions. I think there is no better way to start the day than being prayerful and thankful; it sets the tone of the day.

Goals, I don't have any specifically for today but I do want to get my to-do list completed, well as much of it as I can :-).

Remember breakfast is the most important meal of the day, try eating it at home and don't pick up something on the way to work, school, etc. We should learn to eat like a king in the morning and a pauper in the evening (at dinner).

This morning I first had a super green juice then, I had an egg sandwich (see recipe) with homemade whole wheat sandwich bun (see recipe).

I headed out to the gym and worked out for an hour, now I am ready to take on any challenge today.

Spiritually and physically ready!!

xoxox