

# How To Have A Good Day Every Day

by Norman Vincent Peale

## Introduction

In the 100 years since Dr. Peale's birth, on May 31, 1898, mankind has experienced the introduction of automobiles, airplanes, television, the telephone, the harnessing of the atom, laser surgery and the widespread use of this century's most innovative tool, the computer. Generally, our lives have become more comfortable, enjoyable, and with less worry than in days gone by. Or have they?

With all our present-day improvements, our No.1 challenge remains: How to find the faith to deal with life's ongoing problems.

This booklet was written by Dr. Peale to help you help yourself. *It is an action manual.* Its goal is to help you create a good day every day, regardless of your circumstance or condition in life.

*How To Have a Good Day Every Day* presents a series of creative action techniques that, over the years, have demonstrated their ability to produce better living continuously for those who practice them.

These techniques are not complicated. Anyone can perform them. As you open your mind to a new pattern of thinking, and put that pattern into action, your whole life can be changed.

You can make life better by doing better with it.

This booklet tells how to do better. It outlines three simple steps. First, think differently. Second, act out your new dynamic thought pattern. And third, hold the positive thought that, come what may, when you have right attitudes, every day can be a good day.

Each day, take one of the seven chapters and make its technique the dominant thought for that day. One week is only a start—you might say that it is a mind conditioner.

The second week, go back to the beginning and do the exercises one by one. The truths and principles will now begin to penetrate your mind and take hold. Next, re-do the seven lessons a third time.

By repetition, you will become aware of changes in your thinking. And changed *thinking* changes *things*. You will feel a new power taking hold of you, and you will become aware that you are taking hold of it.

Repeat the process a fourth time, and you are now suffusing the deeper levels of consciousness with new

thought patterns that will develop into a fresh, and powerful, motivating force in your life.

For top-level results, continue to repeat these action techniques, and ultimately you will have a new and permanent sense of control, together with peace and depth of spiritual understanding.

Thus, by continuing to follow the suggested procedures, you will find that dynamic spiritual treatments will do much toward changing your whole life. You will learn how to have a good day *every* day.



## 1

### How To Wake Up Creatively

To wake up creatively is an important skill. And it is a skill that can be cultivated. In fact, it may be developed to such a degree of effectiveness that it will guarantee you a wonderful day, all day, every day.

Try these techniques:

**1.** The secret is in the Scripture text: "When I awake, I am still with thee" (Psalm 139:18). As soon as you have emerged from sleep, say the words of this text; and then add, "I am with God. He has watched over me throughout the night and has brought me to this new day. He will watch over me and guide me all day long."

**2.** Henry Drummond, a noted spiritual genius, used to advise spending at least two minutes daily in thinking only of Christ. "It will make the whole day different," he declared. How right he is. So, before arising spend two minutes thinking only of the Lord Jesus Christ, resolutely eliminating all other thoughts. Run over in your mind memories of the many times He has especially helped you. Then thank Him by saying, "Thank you, dear Lord, for everything."

To remind yourself of His continuing presence, say these words: "Jesus Christ the same yesterday, and today, and for ever" (Hebrews 13:8). And also these: "I am with you always" (Matthew 28:20), adding, "That means today and it means me. I am going to get up now and have a great day with God."

*"Jesus Christ the same yesterday,  
and today, and for ever."*

HEBREWS 13:8

## Conditioning the Mind For a Good Day Every Day

**3.** As you arise, mentally picture the good day that you want and expect. Visualize it clearly and attractively in your mind, and strongly affirm that mental picture in this dynamic sentence: “This the day which the Lord hath made; we [I] will rejoice and be glad in it” (Psalm 118:24). Then, no matter the weather or whatever the problems, God and you can make it a good day.

A man I know practices such awakening techniques, and they have creatively changed his whole approach to life. He is now able to see the good in every day. I met him one wild, snowy morning. Nature was letting loose with everything: wind, cold, and snow in a tempestuous demonstration of winter at its worst, or its best, depending upon the viewpoint. And this man’s viewpoint was unmistakable. With a broad grin he called to me; “Isn’t this a glorious bad day?”

He had learned how to wake up creatively. At the outset, he mentally conditioned himself to enjoying a good day that day and every day, and so the accumulating days turned out to be good for him.

*“Count your blessings”*

**4.** A beginning-of-the-day technique I find most helpful is to add up quickly all the things for which I can be thankful. Usually I do this addition of blessings mentally, but sometimes, when discouragement is particularly strong, I list my life assets on paper so that my eye may see, as well as my mind compute, the number of blessings I possess. The more you “count your blessings,” naming them “one-by-one,” as the old hymn says, the better, and happier, your day will be.

**B**asically, we are what we think. Marcus Aurelius Antoninus, Roman emperor and philosopher, said, “The world in which we live is determined by our thoughts.” Ralph Waldo Emerson told us, “A man is what he thinks about all day long.”

How may we have the right kind of thoughts? The tenor of our thoughts is determined to considerable degree by the first thoughts of the morning. So it is important to condition the mind for the day. The following steps will be helpful:

**1.** Before arising, spend a moment recalling the most pleasant and exciting thing that happened to you yesterday. Dwell on it briefly. Savor it and experience a warm glow. This will slant your thoughts toward the psychology of pleasantness, and tend to condition your attitudes favorably to the day.

**2.** Practice emptying out all fear, negativism, hate, and tension thoughts. You have sovereign control over the material that the mind shall hold. You can control your mind rather than allow your mind to control you. A simple example to help in such mind-emptying is this. Fill up the basin in your bathroom sink. Wash your hands and face. Then pull the stopper. As the soiled water rushes out, say, “So do I wash out all fear, hate and tension thoughts. I let them all go now.” Such simple daily mind-emptying has worked effectively for many people.

**3.** Next, practice filling the mind, for it cannot remain empty for long. Your mind will fill up with something, since it is not intended to be a vacuum. Proper refilling is vital to your welfare. Mind-filling is best accomplished by quietly and prayerfully reading a few verses from Matthew, Mark, Luke, John or the Psalms. Other favorite passages may also be read. After reading, close the Bible and conceive of its power-filled words as actually sinking into your mind and throughout your deepest being.

The mind may also be refilled by orally spoken affirmatives. Your mind and mine tend to accept that which is stoutly affirmed. Say the following, “I am in God’s hands this day. I will follow His guidance today. He will help me with every problem of this day. With the Lord’s help, I will have a wonderful day today and every day.” This affirmation will actually be produced as a fact.

**4.** The next step concerns your first conversation or remarks to others. What you say has a great effect on

how you think. So, begin the day by saying pleasant things. Talk pleasantly to everyone for the first half hour and the whole day is likely to remain pleasant. And do not voice a negative thought. Speak positives only and as

### 3

## I Am Going To Like People Today and Every Day

*"I am with you always."  
MATTHEW 28:20*

a definite result you will positively condition your mind for the day. Make such remarks as, "You look fine this morning." "What a nice breakfast." "This is going to be a great day." "I love you."

**5.** Always start every day with a prayer, for prayer is the greatest of all mind conditioners. Even if you do not have the time to pray, pray anyway. It is that important. Always begin the day with the thought of God, of His love and care, and with the concept of your responsibility for serving Him. An old friend of mine put it well: "Fill the mind full of God." Do this and the whole day will be full of the presence of God even when the going gets hard, and that will make every day a good day.

I stayed overnight in the home of a dynamic and positive man and his equally dynamic and positive wife. After breakfast, ready to leave, I said, "Have a good day today." Quickly he replied, "Sure, I have a good day every day." This strong expression of faith so interested me that I asked, "How?"

"I'll show you," he replied and led me to his bathroom. There, pasted on the mirror, I read the following: "Think a good day; thank a good day; plan a good day; make a good day; pray a good day; and get going."

I was so impressed by this sensible and practical formula and what the practice of it had done to this man and his successful career that I never forgot it.

So, condition your mind for the day. You can, by mental and spiritual control of your mind, make every day a good day.

*"Think a good day; thank a  
good day; plan a good day; make a  
good day; pray a good day"*

**W**hen you really make up your mind to like people, it becomes so much easier to do just that. And liking people and having them like you is very important not only to your happiness, but to your welfare and success in life as well. We live in a world of people, and what they think about us is much involved in how well we do with life. You must like people and have good personal relations if you are to have a good day every day.

So, let's begin to practice liking people. How? Try these steps:

**1.** Start the day with a prayer of thanks for all your human relationships. While dressing, say to yourself, "I am going to like people today and enjoy every personal contact. I am going to like him and her, and this person and that person," and continue to list everyone with whom you associate.

Run over in your mind some of the persons you love best. Visualize their faces, recall happy experiences with them, and thank God for them.

**2.** Now bring up into your thoughts one or two individuals whom you find difficult to like. Then, deliberately practice liking them. The fact that this may be a challenge does not mean it should not be done. Hard disciplines are good for the soul. They develop spiritual "muscle." The more victories in liking people you experience, the stronger and happier you will be today and every day.

*"This is the day which the Lord  
hath made; we (I) will rejoice  
and be glad in it."  
PSALM 118:24*

**3.** In the process of learning to like a person, after you have taken the first step of making up your mind to like him or her, list whatever likeable qualities you can see in him. Start adding them up. This will predispose you toward liking him even as adding up the negatives has previously disposed you against him. As you proceed on this affirmative basis, you will be amazed at the previously unrealized attractive qualities the other person possesses. In time, you might even attain the attitude of the late Will Rogers who said, "I never met a man I didn't like."

## Keeping Emotions Under Control Every Day

4. A next step is to say something good about the person you are trying to like, and say it as often and to as many people as possible. But be sure you are honest in so doing, and not merely engaging in a strategy to gain a personal benefit.

*“Love your enemies . . . .”*  
MATTHEW 5:44

5. Try to get this problem person to do a favor for you, if possible. If you do not like a person, or he you, and you do something for him, it can even increase his dislike, since it puts him under obligation to you. He may even regard your action as patronizing. But if you encourage him to do something for you, he will feel complimented despite himself, and his good opinion of you will increase to a degree, at least, for you have shown that you respect his ability. You have treated his ego with esteem, and we tend to like anyone who does that for us.

6. Deliberately practice sending out thoughts of goodwill, love and esteem, beaming them to the person you have not liked or who does not like you. There is a powerful transmission force in such directed thought done in the person’s presence or even in absentia. No directly spoken words are necessary. This goodwill communicates itself and stimulates reciprocal goodwill responses from the other individual. Do this every day. At the same time, hold a mental picture of your friendly thought “reaching” the other.

7. Never accept your tendency to dislike anyone. Develop a genuine distaste for unfriendliness as a guard against slipping into a state of hostility. Constantly drain off accumulated dislike. Be sure to do so regularly until it is all gone completely and for good.

8. Practice the great spiritual and practical technique of the Scriptures: “Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which spitefully use you, and persecute you” (Matthew 5:44). Constant, sincere, loving prayer ultimately dissolves hate and ill will.

One of the most likeable men I ever knew is an executive of a big company in the Midwest. He likes everyone and everyone, it seems, likes him. I asked him how this liking attitude of his had developed. “Well,” he replied, “I remind myself that every person is a child of God, and is therefore of great value. And I just try always to put the best possible connotation on everything he does or says. As a result, I get to liking him, and I guess he takes a liking to me, too.”

Of course, you’ll not be surprised to know that this man has a good day every day.

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The controlled person is a powerful person. He who always keeps his head will get ahead. And that is more than a play on words. The number of people who ruin their lives through lack of emotional control is considerable.

To keep your emotions under control today and every day, I suggest these five steps:

1. When you begin to emotionalize rather than to think, it is well to stop and ask yourself, “What would Jesus do?” Remember the Scripture: “Let this mind be in you, which was also in Christ Jesus” (Philippians 2:5).

*“Let this mind be in you . . . .”*  
PHILIPPIANS 2:5

Then sit quietly thinking: *Just what would He do in this situation?* You will get your answer. But you may have to wait and keep listening. And it requires a sensitive spiritual ear. Then just go ahead and do what you think He would do.

I met a joy-motivated businessman some years ago in the South. Struck by his happy manner, and noting the obviously high regard in which he was held by everyone, I asked him the secret of his refreshing enjoyment of life. For him every day seemed a delightful experience. In reply to my question, he handed me a small box containing a beautifully framed and artistic card on which were embossed the words, “*What would Jesus do?*”

He explained that he had experienced a series of failures resulting in unhappiness, or, as he admitted, perhaps his failure pattern had resulted from his unhappy attitude. He became so miserable that finally he consulted

*“What would Jesus do?”*

his pastor, who proved to be a very wise guide. The pastor pointed out that Jesus had deep inner peace and joy despite everything He faced, and suggested to the man that the surest way to have that same inner peace and joy would be to live and think and act as Jesus did. “In every situation just ask, ‘What would Jesus do?’ and then do that,” the pastor advised.



The man was impressed. He followed the advice, and it changed his life so much that he had the words embossed on cards and framed. At the time I met him, he had given more than 3000 of them to men and women who asked his secret for having a good day every day. The one he gave me has been on my desk for more than 25 years, and has blessed my life immeasurably.

**2.** Subject your emotions to the cold treatment. The most dangerous element in emotional reaction is mental heat. So bring down your personality temperature by the application of mental coolness. Do this by calmly asking, "What is the sensible thing to do? What is the right

*"Thou wilt keep him in perfect peace,  
whose mind is stayed on thee."  
ISAIAH 26:3*

thing? What will happen if I fly off the handle and say the sharp mean word? What will it get me? What will it do to my influence? Will it hurt others?" Visualize possible aftereffects. Follow this procedure and you will never have to say, sadly, "I wish I hadn't done that."

**3.** Regularly open yourself to the peace of God, letting it "pour" through your mind. Read through the Bible, meditating upon every passage that speaks of peace and tranquility. Conceive of these healing passages as flowing through your whole being to soothe and quiet your ruffled, irritated feelings. Let them wash benignly over your inflamed nerves like a healing balm. Pass "the peace of God that passeth all understanding" (Philippians 4:7) through your consciousness every night before you go to sleep. Visualize Jesus saying to you, "Peace, be still" (Mark 4:39). Repeat this Scripture: "Thou wilt keep him in perfect peace, whose mind is stayed on thee" (Isaiah 26:3).

**4.** Today, try seeing how long you can refrain from the sharp retort, the barbed remark, the mean comeback. Deliberately discipline your volatile reactions. Put a curb on your tongue, but even more importantly, curb the mental attitude of which the tongue is only an instrument. The more you succeed in leaving sharp things unsaid, the more grateful you are going to be for this suggestion. People can and often do destroy their happiness

*"Peace I leave with you,  
my peace I give unto you."  
JOHN 14:27*

in life by their tongues. They shoot off an unfortunate remark or write a sharp letter, and the evil is done. And the real victim is not the other person, but oneself. So remember what the ancient philosopher Seneca said, for it is a very wise remark: "The cure for anger is delay." Delay and forget. You will be glad that you did.

**5.** Practice a relaxed, urbane, easy-going attitude. Now and then, sit loosely in a chair as limply as possible. Imagine yourself a burlap bag filled with potatoes. Cut the string, allowing the potatoes to roll out. Be like the bag that remains. Lift your arms one at a time, letting them fall limply like a wet leaf on a log. What is more relaxed than a wet leaf on a log? Do the same with your legs and eyelids, too. Conceive of all your muscles as completely relaxed. Now say, "All tension is subsiding, all anger is leaving me. I am at peace. I am in harmony with God, with the world, with myself." Then move deliberately. Speak softly. Only tense, tied-up people get out of emotional control. Ask the Lord to relax you, and then listen until you hear Him say: "Peace I leave with you, my peace I give unto you" (John 14:27).

Practice these five steps faithfully, and they will help you maintain emotional control every day.

## Spiritual Opportunities In Routine Activities

To the degree to which you integrate spiritual action techniques into your daily activity, you will really sense and live by God's power. It is hardly enough to say a prayer and go to church and read the Bible, although these are primary and vital to your spiritual life. The Bible tells us to "Pray without ceasing" (I Thessalonians 5:17). This is an extremely practical teaching, although it is rather generally disregarded due, no doubt, to being misunderstood. It doesn't literally mean to pray constantly, but to be in a continuous attitude of prayer and always to invest even the smallest and most routine details with spiritual meaning. These will add up until their cumulative effect will be profoundly to increase your spiritual development.

Try the following suggestions and note how greatly your spiritual awareness will develop:

**1.** When you read in the newspaper an account of sorrow and tragedy in someone's life, pause and pray for that person. In this way, you compassionately identify yourself with the human sorrow and become a channel through which God's grace may be extended. Take a creative attitude toward those persons who are tragically involved in the stories of sin and evil that fill the newspapers. Send out a sincere prayer for their redemption. See people always, no matter how badly they may act, in terms of not what they are, but what, by God's grace, they can become.

This form of spiritual concern may conceivably set in motion vital spiritual forces to combat the forces of evil now running amuck in men's lives. One thing is sure, it will stimulate redemptive forces within yourself. You cannot send out good and creative thoughts for others without their blessing you retroactively.

**2.** When you read of critical conditions in national or international affairs, especially those emphasizing potential negatives, counter those projections with the affirmation of a positive attitude. Ask that God's will be done in all human affairs. And offer a prayer that God may use you as an instrument of His will. When we read the big problems of society, we tend to say, "I am only one person. What can I do?" The answer is: you can pray and think and speak. And, as others do the same, presently God will begin to have His way in the affairs of humanity.

**3.** Another thing to do is to employ spiritual strategy in your letter writing and telephone calls. Before writing a letter, say a prayer, "Lord, help me to say what You want me to say in this letter." As you stamp and seal the letter and drop it in the mailbox, bless it in Christ's name, and bless the person to whom it is addressed. When you telephone anyone, after dialing say, "Lord, bless this conversation." If a conversation is not going well, silently offer a prayer that God will speak through you. This doesn't mean to "talk religion," but it does mean speaking with spiritual overtones. Something vital will be transmitted. When you pay a bill, thank God for material blessings, and bless the store owner and the clerks, too.

**4.** While driving your car, if you become annoyed by impolite and careless actions on the part of another driver, instead of reacting in kind, remain affable and send up a sincere prayer for that driver. You can never know what pressures motivate his actions. Perhaps your prayer will reach his problem. One thing is certain, it will reach you.

*"Pray without ceasing."*  
I THESSALONIANS 5:17

**5.** If you are a homemaker, "sprinkle" some love and faith on the clothes you are laundering. Put a dash of both into the meals you cook. And as you go through your daily chores, bless every room with the peace of God. This is a most effective way to improve the home atmosphere. "Pray without ceasing."

**6.** If you are a business person, bring each employee to mind, and pray specifically for him or her. Try to condition your office activities with prayer attitudes. Friction and annoyance are bound to arise, but they won't get out of hand when there is present a basic spiritual attitude.

**7.** On a crowded bus where tempers are short, sit prayerfully and "swish" love all over the place. Fix your eyes and your thoughts on each passenger in turn, from the driver all the way to the back of the bus, and pray that God will bless each one. This will stimulate an electric feeling, and you will leave the bus with a sensation of "walking on air." Once on a bus, my attention was drawn to the driver, who was noticeably surly and mean in his reactions to his passengers. So I thought that I would work on him spiritually. Accordingly, I beamed kindly thoughts in his direction. Indeed, I aimed these thoughts straight at the back of his head. I practiced "shooting" prayers for relaxation, peace and joy at him

and affirmed that, by God's grace, he was being reached by spiritual thoughts of this type, which have extra power in them. We went along for a half hour or so during which I continued to give the driver this spiritual treatment. But I did not speak to him at all. At length, suddenly, he turned around and gave me a big smile. His attitude changed completely, and when I left the bus he called after me, "Have a good day."

"You, too." I replied, "and every day."

These are spiritual action techniques for dealing with the routine events of the day. Their use will do much toward making your day a good day every day.

That they are practical and workable I have no doubt at all, for I practice them myself, and have had remarkable experiences.

## 6

### **Aids in Feeling Healthy Today and Every Day**

**I**t is rather difficult to have a good day when you do not feel well mentally or physically. Therefore, no such booklet of exercises as this would be complete without discussing some suggested aids to feeling healthy. Dr. John A. Schindler, in his book *How to Live 365 Days a Year*, says that more than 50 percent of all the illness that doctors see is emotionally induced.

Obviously, medical check-ups are necessary. But, beyond the medical, there are emotional, mental, and spiritual aids to health that every intelligent person can employ. Not a little ill health results from wrong thinking, from resentment, from guilt and from fear, to mention only four powerful sources. As one physician said, "I believe it can be shown that much ill health could be overcome if people would keep their souls healthy. A healthy soul and a healthy mind are most important to a healthy body."

Here are six suggested aids to feeling healthy today and every day:

**1.** Think health, not sickness. Mentally picture your body as being perfect both in condition and in function. Do not visualize it as in decline or as deteriorating. Train yourself to stop looking for something to go wrong. Think positively about your physical self. This is important, for mental images tend to reproduce themselves in fact.

*Every day strongly encourage God's health forces; restimulate them to creative action within your being.*

So practice forming and holding a definite image of yourself as in harmony with God's wellness. "Your body is the temple of the Holy Ghost" (I Corinthians 6:19). Every day affirm this: "My body is the temple of God. This temple is holy and clean and vital." Remember the text: "In him we live, and move, and have our being" (Acts 17:28).

**2.** Talk to the health forces within yourself. Actually speak to them. Summon them to your aid. Every day strongly encourage God's health forces; restimulate them to creative action within your being. Standing straight and tall, say, "I affirm the presence within me of God's recreative forces. I hereby open myself in confidence and faith to their health-giving effect. I feel the life force which created me now recreating me."

**3.** Drain your mind of all thoughts and attitudes that breed ill health; ill will is one. Perhaps it is called ill will because it signifies a will sickened by hostile thoughts. “Goodwill” is the opposite and healthy state in which love is the curative element. The effect of mind on physical conditions is so profound that at his peril one will allow himself to harbor resentment, frustration, fear or guilt. Tensions created by such unhealthy attitudes can cause or aggravate many diseases.

*“I now fill my mind with healthy thoughts; thoughts of love, generosity, equanimity and faith”*

**4.** But equally powerful in their effect on well-being are the healthy emotions, so fill your mind with love, forgiveness, equanimity, faith. Cultivate these qualities, and you will begin to feel better. They tend to tone up your whole being. And as a doctor said, “When you are in tune, you are in tone.”

These two steps are required daily: A mind emptying, and a mind filling. So every day say, “I now empty out of my mind every unhealthy thought. Christ is now cleansing and curing my thought processes.” As you say this, hold a picture of your sick thoughts as being flushed from your mind. Then practice mind filling by affirming, “I now fill my mind with healthy thoughts; thoughts of love, generosity, equanimity and faith.” Conceive of these benign attitudes as soaking deeply into your consciousness.

*Talk about God’s love*

**5.** Practice prayer breathing. Take a brisk walk, breathing deeply in and out. Say, “I breathe out ill health, ill will, ill attitudes; I breathe in good health, goodwill, good attitudes. I breathe out staleness; I breathe in vitality. I breathe out godlessness; I breathe in godliness.” Open your lungs, your heart, your mind and your soul, and receive the gifts of vigor and energy. Let your whole being come alive to life.

**6.** Add up every reason you can think of for feeling happy, thankful, and healthy. Stress even the most basic things. Then simply thank God. As you practice adding up reasons for health and happiness, you’ll be surprised at how many reasons you will find. It is a basic law of spirit, mind, and body.

## The Important Final Moments of a Good Day

**I**t is important how we begin and how we continue through the day; but it is also important how we end the day. Begin it right, live it right, think it right, end it right—and you have a good day every day. This can be true no matter how many problems and difficulties pile up every day.

Here are some suggestions for these important final moments:

**1.** Let go of your responsibilities at day’s end. Set your burdens aside and relax. Take time for happy moments with loved ones and friends. Be relaxed and jovial. Don’t carry the day’s work into the night. Let it rest while you rest.

**2.** Develop some special friendships with people who share your interest in spiritual matters. Get together with these friends whenever you have a free evening. Talk about God’s love, His great promises, His saving grace. Talk about Jesus Christ, and bear witness, one to another, to all the Master has done for you. Such deep spiritual fellowship is one of the richest of all sources of renewal and inspiration. It has in it the makings of a good day every day.

*“Lord, bless this conversation”*

**3.** Spend some time every evening with your Bible. Do it regularly. When this becomes a consistent, regular habit, it begins to take hold of your daily life, and it changes things. It will change you. Read a chapter or two a night until you have completed the Gospels: Matthew, Mark, Luke and John. Then read Paul’s Epistles. Add to this a Psalm or some great Old Testament chapter such as Isaiah 55. As you do this, some wonderful insights you particularly need will come to you, and you will feel so helped that you will have a new mastery of your problems.

**4.** Every day tell a few people that you love them. Telephone such a message to someone or write it in a letter. This will take you further out of yourself, and that, of course, will get you closer to other people.

**5.** Before you go to sleep, run over your personal world in your mind, thanking God for everyone and eve-



rything. Count your blessings, name them one by one. This will nullify your frustrations and complaints and cancel out discouragement.

**6.** Many years ago a tailor advised me, “Every night when you retire, remove everything from the pockets of your suit so that when you hang it up, the cloth will remain in shape and avoid sagging.” “Why,” I asked myself, “wouldn’t that be a good procedure for the mind, so that it will remain in good shape?” Accordingly, I have practiced this procedure every night since that time. It is really undressing the mind as you do the body, mentally removing from it all the irritations, frustrations, disappointments, hurts and regrets. I toss mine into an imaginary wastebasket, then go to sleep with a cleansed and uncluttered mind. Try it. As a result, you will sleep well and be ready to awaken refreshed and revitalized for another good day. I recommend doing this every night; you will soon find yourself having a good day every day.

*“God watches over me, over my  
house, over all my loved ones.  
In His peace I have peace.”*

**7.** Finally, commit your soul into the kindly care and keeping of the Lord, and then go to sleep in peace. He watches over you. Affirm “God watches over me, over my house, over all my loved ones. In His peace I have peace.”