

As a life coach, Minx Boren understands the importance of celebrating life's best-day-ever moments. Her innovative work in the field of positive psychology and authentic happiness has shown that when you make time to acknowledge or even create for yourself opportunities for wonderfulness in every day, you will be rewarded with a greater sense of gratitude, peace, and joy. Honoring the surprises and serendipities in your life is one of the most nourishing ways to feed your mind, heart, and soul.

Through her insightful poetry and prose, Coach Minx, as she is affectionately known, encourages her readers to pay attention to the many ways *today* is the best day ever. She prompts us to make the most of our five senses, develop grateful habits, and practice a today-is-a-good-day mindset. And she reminds us that when we invite each day to delight us, we will be better prepared to deal with any trials that might present themselves and better able to rejoice in the best that life brings.

With these uplifting and insightful messages, Minx shows that when you anticipate, savor, and reminisce about the unexpected magic of the here and now, each day can be the best day of your life.



Today Is a Good Day

Celebrating Life's
Best-Day-Ever
Moments



Minx Boren, MCC

*Today Is
a Good Day*

Today Is a Good Day

**Celebrating Life's
Best-Day-Ever
Moments**

Minx Boren, MCC

Copyright © 2024 by Minx Boren.
Copyright © 2024 by Paula Holland.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the written permission of the author.

Coach Minx, Inc.
Palm Beach Gardens, FL

Introduction

Every morning, one of the first things I do—and invite you to do, dear reader—is reflect in a journal about what will make the day wonderful. I look at what I already have planned and scheduled in my calendar. I also acknowledge the spaces I have left open where I might have a chance to say “Yes!” to some unexpected delight.

Every evening before bed, I write down what exactly made the day wonderful... and perhaps even the *best day ever*. This end of the day reflection includes all the surprises and serendipities that found their way into my life and deserve to be celebrated. It’s a way of remembering to always remain grateful... and be open to what will make this a good day.

There is always *something* magical, tender, astounding, unexpected, groovy to experience each day... if you look for it. This mindset helps me see every day as an opportunity to create (or just acknowledge HOW it was) the *best day ever*.

It is my hope that the words inside this book will not only open your eyes to the awesomeness of the here and now, but also inspire action that leads to positive and lasting change. So here is an action worth taking: pay attention to the ways *today* is a good day and includes best-day-ever moments worth anticipating, savoring, and reminiscing about.

In the spirit and adventure of it all,

— Minx Boren

Life Happens

Life happens... and not always according to our best theories, ideas, and strategies. In fact, it mostly does *not* quite happen according to plan—or at least not according to our carefully laid out ones. What we learn to recognize as we journey through life is that the most powerful *happiness strategy* in our human toolbox is our capacity to apply thoughtful consideration, perspective, and compassion to whatever is actually going on when life is not going according to *our* idea of how it *should* be. By doing so, we can reframe whatever is taking place in the most positive and inspiring ways possible.

How often does it happen that being delayed—by traffic, spilled coffee, a flight that doesn't make it off the ground, or a meeting schedule that falls apart—turns out to be a blessing in disguise?

Or it might be that something you had ordered is out of stock or out of print or stuck in transit. And, in the meantime, something better, more desirable, or more practical shows up instead. Perhaps the gig, the party, or the presentation is cancelled, and in the wake of your disappointment, a fabulous new prospect appears on your radar screen to fill the void.

Usually, we develop our plans based on what we actually *know* in the moment. Beyond that, there is all the stuff we don't know and beyond that, all the stuff we don't even know we don't know. So when something doesn't quite match up to your agenda or projected outcome, look again and think again and ask yourself: *How can I use this new development to my advantage? How can I shift and accommodate to make room for this new situation in the great big dance of life? How can I reframe it as a delightful detour or a new adventure or perhaps even a new occasion to allow for something beyond what I could have imagined for myself just yesterday?*

Invite Each Day to Delight You

My cousin Howie and I used to go for hikes in the woods around Chappaqua, New York. He had the delightful capacity to stop mid-step or midsentence and absolutely revel at the sun coming through the canopy of leaves and shining on the tree barks... or at the bird hidden in the branches singing its heart out. Each experience of beauty would be, in that moment, the most startling and wondrous moment ever because we were fully present in it. I treasured those walks and am forever grateful to him for the eyes-wide-open-to-wonder perspective he instilled in me. Life didn't have to be perfect for the moment to be *AWESOME*. As a matter of fact, often one or the other or both of us were puzzling our way through some challenge during those hikes. Yet there were still best-day-ever moments to be found.

Of course, this is easier said than done. So where to begin? Like most things, it all starts with intention and attention. First, we need to actually want to make simple pleasures a priority and do what it takes to approach experiences from that perspective. Along the way, we need to observe what truly delights us—not someone else's ideas about what should make us happy, but our own authentic experience of enjoyment. At the same time, we need to be aware of what gets in the way—old stories about *what's so*, old beliefs about *what's possible*, and old habits that can keep us overwhelmed and under-nurtured.

Nowadays, too many of us suffer from the “I'm so busy” syndrome. We make too many commitments and are left with too little energy when what we really need is some wiggle room. Then, when we finally clear the calendar just a smidge, what comes up is guilt, as in “There must be something else I could/should be doing.” If you have a tendency to say “Yes!” all too often—both because of your enthusiasm for good ideas and projects and because of your desire to jump in and help whenever asked—you may be sabotaging your own best-day-ever opportunities.

Only you can prioritize your life. Begin by sifting through all that you take on and start making some easier and more lighthearted choices. To be able to embrace sweet surprises and best-day-ever moments that so often occur out of the blue, there needs to be some breathing space to respond in the moment. Today is a good day when you can explore, embrace, and enjoy whatever flows your way.

***h**ow is it that we forget
to be fascinated
by life all around us
so many details and delights
to captivate our senses*

*how can it be that we forgo
our glee and let gloom
consume our ruminating
mind rather than playing
seek and find*

*all the gifts and blessings
and the plethora of serendipities
and magical moments and mysterious
miracles embedded
in our every day*

*how amazing life would be
if only we could gleefully
remember to choose more expansive
views and lose our proclivity
toward worries and woes*

*who knows what might
arise in us and surprise
us with a broad spectrum
of enchanting and enticing
possibilities that fling open
our heart and invite it to sing*

Make a Don't-Do List

We all have lots of to-do lists that we race around trying to deal with and never quite manage to complete. Ever notice how sometimes the only thing that gets crossed off the list is “Monday” when you realize that the day is over and you are ready to collapse, so you write “Tuesday” in its place, hoping that tomorrow you might get to everything?

“Don’t dos” are another story altogether. Regardless of what is known about the power of positive thought and language, there are times when it really is about DON’T... as in “Don’t touch the hot pot!” Somehow “Please be sure to wait until the pot is cool before you touch it” just doesn’t cut it when a child is reaching for it unawares.

Here are some “don’ts” to think about:

- *Don’t forget* to get outside. Smell the roses, breathe in life all around you, and let the sights, colors, and sounds of nature feed your soul. In the very fullness of our days, it is so easy to forget to simply take a moment for this gentle and refreshing pleasure.

- *Don’t forget* to exhale. With a sigh of relief, let go of whatever has you tied up in both *knots* and *nots*. Set your phone alarm to gently chime every hour, and when you hear it, stop and take a moment to just release a big “ahhhhhhh” breath and relax.
- *Don’t neglect* to love yourself enough to take really good care. Staying healthy is important in order to do all the things you want to do. *You* matter as much as anyone else. Treat yourself lovingly and speak to and about yourself kindly.
- *Don’t pass up* opportunities to perform a random or directed act of kindness, especially when someone else is dealing with a messy situation. These actions are the spontaneous gifts and generous gestures that allow us to remain vitally present and fully human.

- *Don't get bogged down* with people who zap you of all your energy. It is so much healthier and more uplifting to spend time with those who enrich your moments and spread sunshine and joy wherever they show up.
- *Don't skimp* on your sleep. It is one of the best ways to assure that you will feel good day after day. Just before turning off the light, “seed” your dreams with good thoughts, like remembering something special about the day, and good questions, like “What do I need to know in order to resolve a particular muddled mess or to just make tomorrow wonderful?” You can even write down your question and tuck it under your pillow. Keep a journal by your bed to capture the first ideas and inklings that arise in the morning.
- *Don't miss out* on the sweet possibilities and inklings that arise when you make time to do some wishful thinking. New possibilities often start as just a vague idea or sensation.

- *Don't forget* that your smile is impactful. A smile sends a message to your brain that all is well and encourages you to lighten up. Smiles and laughter can actually lower cortisol and shift your frame of mind. Smiling is also a way to reach out to others and, in the process, pass that smile along. The act of smiling can definitely be contagious.

These are just a few ideas to get you started. Ask yourself what you need to put on your don't-do list in order to make your life more wonderful and allow you to experience more equilibrium and delight when those best-day-ever moments catch you by surprise. Write it down. Next, set an intention. Then, pay attention to all the ways you can honor this special list every week. And when you do, notice all the ways today is truly a good day.

Beyond the Laundry List

We all carry around within us an internalized list of likes/don't likes, preferences/potential disasters, as well as a pervasive sense of those things we absolutely want and those to be avoided at all costs. Sometimes, this translates into the “*I'll be happy when...*” list. WHEN I finally get the job, the partner or significant other, the house, the trip of my dreams, THEN I will be happy. Or, to put it another way, that's when my best life ever will finally begin.

But what if the whole laundry list approach to life is a decoy that only serves to distract us from waking up to all that is available to us now? And what if there were a more satisfying and engaging way to approach this endless seeking and searching for what lies just beyond our current reality? What if we could shift our attitude to simply attend to how we want to feel, without the laundry list of what it will take to get there?

There is a mindful practice that I find to be especially effective. By choosing to deeply consider how we want to *feel* rather than the laundry list of what we believe it will take to create our best-day-ever moments, we can actually release ourselves from an endlessly exhausting and untenable list. What if we invite in more of whatever allows us to experience calm, love, safety, equilibrium, enthusiasm, inspiration, and ease in body/mind/spirit—all the things that allow us to recognize the ways that today is a good day?

Here are a few examples of mantras to invite good feelings into your life:

- I want to feel ease and satisfaction and curiosity, living in the moment-by-moment gifts of this time in my life.
- I want to feel accepting of the way things are... just as they are.
- I want to feel calm, no matter the supposed fiascoes happening all around.
- I want to feel fully present, neither awfulizing about the past nor worrying about the future.
- I want to feel loving and loved in this and every moment.

May it be so.

*How I want to feel
is at ease in body...*

mind...

spirit

*at peace with all that flows
over under around and
through this Being that I am*

May it be so.

*How I want to feel
is connected to
all that is...*

was...

will ever be

*immersed in the infinity
of marvelous wonders of Life
and my I Am-ness
in the ALL of it*

May it be so.

*How I want to feel
is safe and secure
in the awareness...*

awake-fullness...

AWEthentic knowing

*that I am part of the magnificent
never-ending miracle
that surrounds and envelops
me and all that lives
in everlasting Love*

May it be so.

Embrace Failure as a Necessary Step on the Road to Success

Being a certifiable perfectionist, I respect the challenge of celebrating failures. Since the alternative is a whole lot of frustration and suffering, it has definitely been worth my while to practice embracing all the mistakes and goof-ups and “*I can’t believe I did/said/wrote THAT*” embarrassments I have managed to stumble through on my way to whatever measures of success I have achieved.

I taught cooking classes for many years in NYC. I learned (very much to my surprise) that what my students loved best was when I messed up (or when there was an ingredient missing) and then had to improvise so that I could somehow put a meal together for everyone. They appreciated how my brain would work out loud, compensating and adjusting. Some of my best meals ever happened this way.

Imagine the liberation that could come from being fascinated by the necessary fumbles on the journey to accomplishing something more. I have learned, as a motivational speaker, to not agonize about the mistakes and bloopers of a particular presentation. Rather, I do a reframe and recognize how my mind sometimes does its own thing and races ahead of what my brain has memorized. I will actually say “How fascinating that I said that!” while presenting and let my audience know how I have missed the mark. It’s a great way to keep things real.

I have heard it said, as well as seen for myself, that we often fail our way to success. If we are determined to succeed, we must also be courageous enough to experiment and explore and embrace all the ways things don’t always go as anticipated. We learn from each mistake so that, in the end, our ultimate achievement is all the better because we have been willing to try out lots of out-of-the-box ideas and risk the times when we inevitably miss the mark.

Remember that failures can be fruitful, and maybe even fun/funny, if we are willing to be feisty, flamboyant, fabulous, and fearless!

Self asks, "What am I lacking?"

Soul responds, "The seeds of all that is needed are here."

*abundance surprises
time after time out of the vast
mysterious realms beyond our knowing
the unanticipated and unexpected appear
to lavishly enrich our days*

Self asks, "How can I have what I want?"

Soul responds, "Embrace what you have now."

*abundance delights
again and again out of the endless
and bottomless infinite
beyond all that is measurable
the unforeseen
and unimagined show up
to bountifully bless our lives*

Self asks, "How can I hold on to what I have?"

Soul responds, "You can't, so stop struggling.

Stay present. Let go. Again and again."

*abundance astonishes
appearing here and there
as if pulled from the magician's
mysterious black hat
beyond the predictable
rabbits and riches
joys and delights arise
to fill our coffers of experience
and add immeasurably
to our earthly years*

Take Time for Gratitude

“Thank you” is such a simple phrase, but its impact can be profound. To acknowledge someone for their kindness, their effort, or their attentiveness is a gift. It can turn an ordinary interaction or exchange into an opportunity for appreciation and connection. It can lift an everyday moment into something more. Even something as basic as saying “I give thanks for the gift of this day” can shift how much joyful awareness you bring into each good morning.

If the idea appeals to you, begin to keep a gratitude journal. Of course, there are things we are always grateful for, such as a loving partner, our children, parents, friends, health, home, gifts, and talents. But the intention of the journal would be to write down what specifically you are grateful for in this very moment.

Here are some possible journal entries:

- Today, I am grateful for my spouse because he/she gave me a foot massage.
- Today, I am grateful for my children because this morning they served me breakfast in bed.
- Today, I am grateful for my home and for the quiet time I spent curled up in my most comfy chair listening to music.
- Today, I am grateful for my health because I was able to walk along the beach... hike up the mountain trail... feel the flexibility of my body while doing yoga... or just keep up with my children/grandchildren/great-grandchildren while they played.

You get the idea. Later, when you leaf through your old entries, you can bask in the blessings of your life. This simple and life-affirming practice can become a reminder of all that is good and worthwhile yet often overlooked if we don't make time to remember.

As I sit here writing, there is a pair of red cardinals outside my window on the bird feeder. I am grateful for the extraordinary chance to watch the male feed the female and the sense of awe that comes over me as I watch the beauty of nature in action.

There are gratitude moments around us all the time if we remember to look. So look up for a moment. What is there right now for which you are truly grateful?

Want to double your fun and enhance your focus on gratitude? Share your gratitude list and best-day-ever moments with a friend. Every night, after writing down what I am most grateful for, I take a photo of the journal page and send it to a dear friend in California. The next morning, when I wake up, hers are waiting for me to read when I open my email. We have been doing this for more than ten years now, and it is one of my favorite ways to end and begin each best day ever.

*Yesterday
sometime
between the washing and drying of sheets
I remembered to be grateful for the many friends
who have blessed me with their company*

*yesterday
sometime
between racing here and there to complete
an endless list of errands
I remembered to be thankful for the freedom
to move about with ease
on smooth roads
in a safe country...*

Develop These Best-Day-Ever Habits

Jump-start your day in a positive way...

- Give thanks upon awakening for the gift of this day.
- Envision how you want your day to go and the good things that might happen.
- Read a positive quote or poem.

Make terrific transitions...

- When your workday is over, practice leaving the office behind. Have a transition routine—listen to music or chat with a friend on the way home. Then, take a walk or play with the kids or the dog or a ball or take a bath or a nap or do something else that relaxes you.
- Take a focusing pause before going from one activity to another so as to be fully present and engaged in each experience.

Take time for self-care...

- Schedule time during the day for relaxing and rejuvenating activities—use your favorite colored pen or add a big smiley face next to the entry in your calendar so that your date with yourself stands out.

*yesterday
sometime
between preparing and serving a meal
I remembered to give thanks for the seeds
and the tools and the trucks
that deliver the farmers' abundance to markets
and the thousands and thousands
of interlocking efforts that bring
food to my table*

*yesterday
sometime
between good morning and good night
I remembered
really remembered
the goodness of my days*

Make time for connection...

- Connect with friends and family, and perhaps as an added bonus, use the time as an occasion to express what you appreciate about them.

Keep things fresh...

- Avoid the blahs of routine adaptation by continually trying new things and exploring new possibilities.

Work to make optimism a more natural way of thinking...

- Keep a “Best Possible” diary where you write how you envision your life might be one, five, and/or ten years from now.
- Identify barrier thoughts—automatic pessimistic beliefs. Ask yourself what a more optimistic, alternative way of thinking might be.

Develop a CAN-DO attitude...

- Recognize and appreciate the strengths and resources you already have. Name them, list them, celebrate them. Tack them up on a wall where you can be reminded of them.
- Recall times in the past when you have felt successful, and think about how those experiences can propel you forward to even more positive possibilities.

Explore enchanting endings...

- Take time to pamper yourself just before going to bed. Choose a special cream and spend a few minutes gently tending to your face, hands, and feet. If you have an achy body part, you might choose to rub a warming or cooling salve into that area. Enjoy a fragrant cup of warm tea.
- Read something heartwarming and uplifting before closing your eyes.
- Keep a weekly journal where once a week you reflect on something that inspired you, sparked your enthusiasm, or satisfied some need or yearning within you.
- Acknowledge and make note of your accomplishments. Focus on what you have done rather than the endless to-do lists. This can absolutely change the way you embrace the goodness and fulfilling aspects of the day.

If Not Now, When?

How much time do we spend waiting... for the perfect job, the right circumstances, the proper timing to set things right? What would happen if we came from the perspective that *now* is the time, *here* is the place, and we are already as *ready* as we can possibly be to deal with the inevitable messiness of life? How might that change our decisions, our choices, and our life from this moment forward?

*Today is the yesterday
you dreamed about
the tomorrow
you longed for
the someday
you anticipated
with your whole heart
when everything unfolds
and expands way beyond
your carefully constructed plans*

No matter the circumstances and happenstances, no matter that life is mostly precarious and unpredictable, we still have choices as to how we will respond to whatever life tosses our way.

A today-is-a-good-day mindset matters. I believe that our personal happiness (yours and mine) and our ability to navigate our way through the inevitable messiness of life adds to the joy of the world, tilting the scales, however minutely, one person at a time, toward a more blissful world for all.

In the end, the questions become... *How much joy do you carry within you? How disposed are you to happiness? How much can/do you celebrate the happy messes? And how are you creating best-day-ever moments along the way?*

*Perhaps the real question is
how many sweet pleasures
are you willing to gather up
like wildflowers on a glorious day
and could you allow yourself to become
intoxicated beyond right or reason
and simply bask in the miracles
blossoming every way, everywhere?*

*How much bliss is there
in the whole wide world
is there some predetermined plan
for measuring and doling out morsels
and bits and pieces of happiness
earned in some arbitrary or exacting way
and must you wait your turn
and accept your ration
or is there a more loving
and inviting way?*

*And how might you open your arms
wide enough to embrace an abundance
of blessings and then how much joy could you
scatter if you simply opened
your heart, your mind, your coffers
of experience and caches of wisdom
offering all that you have and all that
you are to the four directions
without hesitation, without asking why?*

*How happy do you dare to be
and if not now, when?*

Today Is a Good Day

One of the things I love about my spin class is that, as we settle onto our bikes, the instructor always asks us to begin by “setting our intention for our ride.” Those simple words turn an ordinary workout into something grander and more purposeful. I am reminded that, beyond just getting through the hour-long class, I am there because I am committed to staying in great shape and to having the energy, strength, flexibility, and focus to live my best life, day by day.

Perspective is everything. What we choose to pay attention to, and the intentions we set for ourselves based on that focus, influence the quality of our days and, by extension, the quality of our lives.

Today is here and now, reaching out before you, ripe with delicious choices and provocative challenges, sparkling with potential and possibility, inviting you to step into it, fully alive and open and curious and hopeful and resilient. Perhaps you have just purchased this book for yourself because something about the concept of affirming the goodness of this day appealed to you. Or perhaps you were gifted with this book in honor of a special occasion or because you are facing a difficult time and someone who cares about you is seeking words to lift your spirits and awaken within you the courage to carry on.

Whatever the reason, what matters and can make all the difference is you deciding that today is a gift, a blessing, and an opportunity, no matter what is going on. For it is only from this perspective that you can rejoice in the best that life brings and deal with the trials, tasks, and tribulations that may present themselves.

Wishing you an abundance of best-day-ever moments,

— Coach Minx

*Today is a good day
to share
an honest smile
a piece of bread
a gentle gesture of love*

*today is a good day
to remember
a favorite friend
a sweet celebration
a precious moment*

*today is a good day
to acknowledge
a job well done
words well spoken
a gift well chosen*

*today is a good day
to notice
the splendor of a moonrise
or a sunset perhaps
the majesty of a mountain
the fragrance of a flower*

*today is a good day
to be grateful
for all that is precious
and sweet and splendid
and well done*

today is a good day

About the Author

Minx Boren is a master certified coach credentialed through the International Coach Federation. She is an author, poet, columnist, motivational speaker, and workshop facilitator. Since 1993, Minx has been developing and presenting innovative programs that support health and balance, creativity and effectiveness, and reflection and achievement. At seventysomething, she continues to offer programs in both academic settings and private venues, to be active in her community, to write and reflect in her journal every day, and to participate in organizations that encourage and promote “olders” to do meaningful and purposeful work in the world.

Minx partners with others, individually and in groups, who are seeking ways to express their best selves and live their best lives. Because of her chosen vocation and calling, Minx is always inquiring into what gives LIFE to life—what awakens our creativity and passion, our dreams and resourcefulness, and our will and willingness to do the next right thing.

The writings in this book are the outpourings of both her outward questioning and inner journeying.

To find out more about Minx’s work, visit her website:
CoachMinx.com.