

a monthly newsletter from

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helping people create happier, more passionate lives!

What's in a Name?

"I'm having such a bad day."

"Wow...what an awful day."

"Today is totally terrible."

Have you already identified this day? I don't mean Monday or Tuesday, but have you attached an attitude to this day?

For most people, the day is defined early on. Think of how days can start: Alarm goes off late, coffee spills over from the coffeemaker, you're greeted with dog vomit on the way to the bathroom....you know, usual morning!

When a morning begins in these ways, it would be easy to call it a "bad day". And, once a day is called bad, or sad, or boring, or frustrating, it's hard for the day to recover. In many ways, that day is doomed to being exactly what was identified.

When a day becomes labeled a "Bad Day", it often becomes the focal point for all of our conversations. We replay that start to the day over and over, telling the story again and again for anyone who will listen. We tell the tale of cleaning up the coffee, spilled all over the counter and floor. We obsess about stepping barefoot, right into the pile of dog vomit. We describe the sensation of barf between our toes. We really give a LOT of energy and attention to the terrible, horrible, very-bad day.

OK...everyone has a bad day from time to time, days that feel like the never-ending bedlam means that the universe has turned on us. Will anything, ever, be right again???

But, here's the thing. As soon as we label it a "bad day", it is sure to live up to our expectations. The day will undoubtedly feel worse and worse, until the point that we snuggle into bed with a melancholy hope that tomorrow will be better.

So, what if the day had gone unlabeled? What if the challenges at the start of the day were isolated to the morning? What if the day had a tough start, but then turned a corner? What if you had never called it a "bad day"? What if the day started bad, but then became great? There's just as much possibility that you could end your day with a story of how a rough start became the most AWESOME day ever!

It could be:

"I'm having such a great day."

"I can't believe what a good day this is."

"This is such a happy day."

PLAYTIME

The next time you notice yourself labeling a day as "bad", challenge it. Here are some questions for your investigation:

Is it really a bad day, or were there just difficult moments?

Have there been some neutral or even good moments in the day?

Is there a possibility it could get better?

Did you learn anything?

And, if all else fails, just laugh at the ridiculousness of the day. As soon as you're able to laugh...or even just smile...about the day, you'll notice it doesn't seem quite so bad!

Maybe it's a B.A.D. Day - Beautiful, Amazing, Delightful!!!