

# Have you **A.C.E.D** your day?

**A.C.E.D is a strategy that helps you experience more balance and fulfillment each day.**

This deceptively simple 4-step practice can have a dramatic effect on your sense of accomplishment at the end of each day. Your never-ending “to-do” list keeps your focus on what’s next rather than appreciating your daily wins. ACED is a meaningful strategy for meeting your fundamental psychological needs of **Power, Connection, Fun, and Freedom**, and can help you find more energy, fulfillment, and balance when you feel “underwater” .

Approach each day with these 4 essential objectives:

1. What can I realistically **ACHIEVE** today that I will feel good about?
2. With whom and how will I **CONNECT** today?
3. What activity will I **ENJOY** that will bring happiness today?
4. What is something new, creative or adventurous that I will **DISCOVER** today?

Answering these questions the night before or first thing in the morning is a great way of practicing healthy self care, helping you achieve a sense of balance and satisfaction every day. When we are intentional about meeting our needs and tuning into the satisfaction that brings, we are wiring ourselves for fulfillment, and strengthening our mental and emotional fitness.

Make ACED your daily ritual by including it with your morning cup of coffee. As you reflect on your goals, what is one task you could accomplish that moves you in the right direction? Is there someone who’s been on your mind or you haven’t reached out to lately? How might you inject some fun, play, or entertainment into your day? And what are some ways you can grow, stretch or stimulate your heart and mind?

At the end of your day reflect on your objectives and discover if you “ACED” your day. What we are offering you is an evolved way of approaching your day that is more life enriching and rewarding than the typically “to-do” list.

We highly encourage that you take the time to pause, turn your attention inward, and really notice how it feels once you’ve completed any of the ACED components. Each time you do this you are strengthening your neural pathways for fulfillment.

**Attached** is a sheet for you to print out and put somewhere you will be reminded every day.

Are you interested in where you are in your evolution of personal development? If so, we encourage you to take our Personal Evolution Quiz. This will offer you some valuable insights on the stages of growth we all experience.

Scan the QR code to take the quiz.



**Expanding**  
*you*

# Have you **A.C.E.D** your day?

This **simple 4-step practice** can have a dramatic increase on your sense of daily fulfillment and life satisfaction. Reflect on these simple objectives in anticipation of the day ahead, to help you achieve a sense of balance and greater overall happiness.



## Achieve

What can I **ACHIEVE** today?  
What can I realistically achieve today that I will feel good about?



## Connect

What **CONNECTION** will I make today?  
With whom and how will I connect today?  
(Practice not waiting for others to initiate)



## Enjoy

What will I **ENJOY** today?  
What activity will bring me happiness, fun, or laughter today?



## Discover

What will I **DISCOVER** today?  
What is something new, creative or adventurous that I will experience today?

**For more information** on the Expanding You programs and free resources please visit the website.