

Title:

Reboot Your Commute

Word Count:

449

Summary:

Commuting is one of those things that, if you are doing it, is something that you have to do r

Your attitude about the commute can carry into work, home, and play. When you arrive at work a

Keywords:

Article Body:

Commuting is one of those things that, if you are doing it, is something that you have to do r

Your attitude about the commute can carry into work, home, and play. When you arrive at work a

Wouldn't it be nice if you actually looked forward to your commute? It may seem overwhelming t

Following a simple program and making small changes is a great way to start turning your commu
why the commute affects you adversely and how to change it.

One of the first things to do is think about what it is that drains you about the commute? Is

Think of the commute as a tool that allows you to live your life in a better way. For example,

^I hate driving all the way to work. I wish I could retire. What's the use of having a nice ho

You could say: ^I commute to work so that I may live where I choose. In this way, I get the be

Figure out what drains you, then you can act on that and move forward to help make your commut

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