

# Waking Up With Intention

*in 5 minutes or less*

Spending a few mindful minutes and setting intentions when you wake up are powerful ways to start the day.



Upon waking, before getting out of bed:

1 Notice your mental state (positive, negative, neutral?)  
\*No need to evaluate/make judgements. Just notice.

2 Scan your body from toes to head, observing physical sensations.

3 Acknowledge any particular emotions that are present.  
\*Again, no need to make judgements about whether they are good/bad.

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4 Take 10 or more long, deep breaths. Try to inhale and exhale for the same number of counts (try 5:5 to begin with).

5 Return to your natural breath. Spend a moment noticing how you feel after breathing with intention.

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6 Decide on a mindset/intention to stick with for the first part of your day, or even for the entire day.

7 Smile to yourself. You've started off with an act of self-compassion.