

# Start the Day Positive



Wake up ahead of the morning rush to spend a few minutes framing your day.

- Sit comfortably with your back straight and your hands folded, resting in your lap. Tilt your head slightly toward your heart. Close your eyes and focus on your breath.
- Imagine each breath wakes up your brain, activating your mind and opening your heart. For the next few moments, observe whatever your mind generates. Notice what you are thinking, feeling, and perceiving. Don't become involved in the thoughts; don't judge them or try to change them. Simply stand back from it all by observing.
- Next, imagine sinking deeper, past all the thinking in your head to reach a place of quiet and stillness at the center of you. Relax into a feeling of peace and spaciousness.
- In this spacious state, assert the established fact that you are inherently worthy, meaning you're inherently golden, exactly as you are. Your worthiness has no prerequisites. You don't earn your self-worth; it's given not earned.
- Next, begin to frame your day in a positive light by feeling appreciation for the gift of another day of life; another day to share with the people you love; another day to pursue your dreams. Reflect on how you want to feel today as you work. Reflect on the state of mind you want to sustain throughout the day. Reflect on how you want to be with people.
- Set your intention to have a great day, achieving meaningful results in your work. Equally, set the intention to succeed at sustaining a peaceful and positive attitude on the inside, regardless of what happens on the outside.

Research shows that people who accept their intrinsic worth are not thwarted by shame-based thinking that says *I'm not good enough, not smart enough, not successful enough*, and so on. The research also shows that people who start the day mindfully experience more positive emotions during the day, exhibit more interest in their work, and are more likely to feel connected and supportive toward others, all of which predicts success in their work. On top of all this, they sleep better that night.