

Getting Out of Bed

Break the first ten minutes of the day into steps you can do while still tired.

WHEN TO USE THIS

Use this the night before, or right now while you are still lying there.

What is the hardest part about getting up? Be specific.

The cold, the day ahead, the phone, nothing to get up for.

Four steps, in order, from lying down to feet on the floor.

Sit up. Put one foot down. Open the blinds.

1.

2.

3.

4.

What is one thing you could put by the bed to make step one easier?

On a usual morning, how hard is this?

0	1	2	3	4	5	6	7	8	9	10
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Not hard Almost impossible

Feet on the floor is the whole goal. Everything after that is a separate question.