

Getting Out of Bed in the Morning

For mornings when you are awake but cannot make yourself get up.

WHEN TO USE THIS

Use this the night before, or later in a day that started slowly.

What time do you wake up, and what time do you actually get out of bed?

What goes through your head in the gap between those two times?

Name three small things that could pull you out of bed.

A hot drink, the dog, an open window, a shower, a message to send.

1.

2.

3.

What is the very first step - the one that takes ten seconds?

Feet on the floor. Curtain open. Sitting up on the edge.

You do not have to want to get up. You only have to do the ten-second part first.