

How the First Hour Goes

Look at what actually happens in your first hour awake, and pick one small change.

WHEN TO USE THIS

Use this on a morning when getting going feels harder than it should.

Walk through this morning from the moment you opened your eyes. What happened first?

Plain facts. Times if you remember them.

How hard was the first hour today?

0	1	2	3	4	5	6	7	8	9	10
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Went fine

Could barely move

What helped this morning, and what got in the way?

HELPED

GOT IN THE WAY

One thing you could change about the first hour tomorrow. Keep it small.

Mornings do not have to be good to count. Getting through one is enough.