

Mornings Your Body Will Not Start

A short plan for mornings when getting up feels impossible.

WHEN TO USE THIS

Use this on a morning you are still in bed and dreading the first move.

What feels worst right now?

Three things you can do without getting up.

A drink, a stretch, the curtains, a slow breath.

1.

2.

3.

What is the very first movement you will try?

If today turns out to be a bed day, what is the plan?

Food within reach, a message to someone, nothing on the list.

Some mornings take an hour. That hour is not wasted time.