



# 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.
- For the next few moments, all you are asked to do is to observe. Simply be with 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.
- The mind will present you with the impulse to do something other than this meditation. The body will also demand attention. Ignore these impulses and bring your attention back to your breathing and this process of observing.
- For a few minutes allow yourself to observe the pointless preoccupations of the incessantly thinking mind.
- Now imagine sinking past all the frenzy. Lay all these thoughts aside, not separately, but all of them as one. They are all the same. Imagine sinking deeper into a place of quiet and stillness. Relax into the growing feeling of peace and freedom. Feel your mind expand as you relax into it.
- In this spacious state of mind, take a moment to frame your day in a positive light. Begin 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 other 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.

*Several studies show that people who start the day mindfully experience more positive emotions during the day, exhibit more interest in their work, are more likely to feel connected and supportive toward others, and are more likely to sleep better that night Lyubomirsky, Sonja, The How of Happiness: A New Approach to Getting the Life You Want Penguin Group US. Kindle Edition. (2007-12-27), pg. 91.*