

Daily A.W.E. Practice



This practice will help you get each day started with the proper physical, mental and spiritual attitude to experience joy, be fully present and stay in the present moment.

1. **BE Awake:**

- a. When you first get up in the morning, gradually wake up your physical body by gently shaking your arms and legs, bouncing slightly up and down, and moving slowly around the room as you loosen up your joints and muscles.
- b. Use your hands to gently pat your arms, legs, chest, abdomen, neck and face. This will help get your circulation going and your nerve endings tuned and ready for input.
- c. Take two long slow deep breaths as you raise your hands up over your head on the inhale and let them drop in a circular motion to your sides on the exhale.

2. **BE Willing:**

- a. Take a quick assessment of your emotions as you begin this new day. Are you feeling excitement and anticipation or dread and hopelessness? Or something in between?
- b. Make note of these emotions so that you can journal about them later in the day. Ask yourself where these early morning emotions come from and what you need to investigate further to help heal them.
- c. Set an intention for the day: “Even though I am feeling _____, I am willing to see the good in everything that happens today.”

3. **BE Engaged:**

- a. Close your eyes and take two more deep breaths.
- b. See yourself moving with ease throughout your day, calm and fully present in every situation, completing every important task.
- c. Repeat these 3 Affirmations to yourself as you open your eyes:

Daily A.W.E. Affirmations:

- 1. I am AWAKE to all possibilities today.**
- 2. I am WILLING to see the good in everything that happens.**
- 3. I am fully ENGAGED with life in every moment.**