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5 Steps to Meditating Every Morning

Set up your meditation area

PHYSICALLY AND MENTALLY

Having a comfortable cushion in a place where you won't be disturbed makes it so much easier, but even if you're sitting in a busy hallway, create the mental space to define your practice as distinct from what comes before or after it.

Make a list in your phone

WHY I WANT TO MEDITATE TODAY

Add to the list when you're in a motivated mood. Give your best reasons for meditating and list benefits you yourself have experienced - not stuff from articles, stuff from your own life. Read this list in the morning when you're making excuses, and let past-you give realtime-you a pep talk!

Do it first thing - really

NO, YOU CAN'T GET COFFEE FIRST

Washroom if you need it, then to the cushion. You'll have to trust me on this one enough to try it out. I promise that you will love the experience of waking up while meditating. By the time you're off the cushion, you'll feel accomplished and ready for the day. Try meditating first thing, and you'll be hooked.

Anticipate the hurdles

CALL YOURSELF OUT ON YOUR OWN BS

You know what your self-delusion sounds like, so plan for it. If you're a snoozer, put the alarm clock across the room. If you Insta first thing, keep the phone out of the bedroom. Plan for these things to come up and do your best to mitigate them. Skip the judgment; just set yourself up for success.

Get to bed earlier

YOU KNEW THIS ONE WAS COMING

There are really no two ways about it. If you want to get a full night's sleep and do something early in the morning, you've gotta get to bed earlier. There's so much info on this, but I'll say that I find it helpful to only sleep in the bed - no reading, no phone - and dim the lights earlier in the evening to make it cozy and restful everywhere in the house—also, herbal tea.



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