

S-Minute One... (Silence)

Imagine waking up in the morning, and instead of rushing carelessly into your hectic day—feeling stressed and overwhelmed—imagine that you instead spend the first minute sitting in purposeful *Silence*. You sit, very calm, very peaceful, and you breathe deeply, slowly. Maybe you say a prayer of gratitude to appreciate the moment, or pray for guidance on your journey. Maybe, you decide to try your first minute of meditation. As you sit in silence, you're totally present in the now, in the moment. You calm your mind, relax your body, and allow all of your stress to melt away. You develop a deeper sense of peace, purpose, and direction...

A-Minute Two... (Affirmations)

You pull out your daily *Affirmations*—the ones that remind you of your unlimited potential and your most important priorities—and you read them out loud from top to bottom. As you focus on what's most important to you, your level of internal motivation increases. Reading over the reminders of how capable you *really* are, gives you a feeling of confidence. Looking over what you're committed to, what your purpose is, and what your goals are re-energizes you to take the actions necessary to *live* the life you truly want, deserve, and now *know* is possible for you...

V-Minute Three... (Visualization)

You close your eyes, or you look at your vision board, and you visualize. Your *Visualization* could include your goals, what it will look and feel like when you reach them. You visualize the day going perfectly, see yourself enjoying your work, smiling and laughing with your family, or your significant other, and easily accomplishing all that you intend to accomplish for that day. You see what it will look like, you feel what it will feel like, and you experience the joy of what you will create...

E-Minute Four (Exercise)

Finally, you stand up and you spend the last minute, doing jumping jacks for 60 seconds and getting your heart rate up and getting energized and waking yourself up and increasing your ability to be alert and to focus.

How would YOU feel if that's the 6-minute you started your day with? How would the quality of your day—your life—improve?

R-Minute Five... (Reading)

Then, you grab your self-help book and invest one miraculous minute reading a page or two. You learn a new idea, something that you can implement into your day. You discover something new that you can use to feel better—to be better.

S-Minute six... (Scribing)

Imagine, pull out your journal, and in your journal, you take a minute to write down what you're grateful for, what you're proud, and the results you're committed to creating for that day. Doing so, you put yourself in an empowered, an inspired, and confident state of mind.