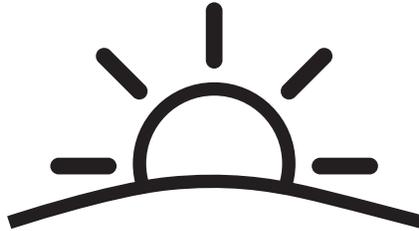


NEW MORNING FEELS



What kinds of sensations do I want my mornings to produce in me?

(Circle any.)

calm / peaceful

sexy / attractive

receptive / open

confident

prepared

energetic / alert

courageous

exuberant / joyful

spiritual

powerful / possessing agency

When you have a bipolar disorder, getting your day started in any of these activated senses can easily be the day's biggest challenge! But mornings get much more dynamic when you employ a few strategic habits, activities, and disciplines. I discovered a set of these morning processes known as the S.A.V.E.R.S. in Hal Elrod's *The Miracle Morning: the 6 Habits That Will Transform Your Life before 8 A.m.* Hodder and Stoughton, 2016. The following page has a breakdown of how you can use them.

Morning SAVERS >>

“SAVE” YOUR MORNINGS!

With these six intentional practices, you can combine their powers to help you establish a mood that can power you through your day! Any or all of these can be done before breakfast. **

- S** **Silence** means allowing yourself to sit without any noises besides nature.
- a** **Affirmations** are honest, helpful, and empowering statements or quotes about you.
- v** **Visualizing** is seeing yourself doing what it takes to accomplish something today.
- e** **Exercise** is any physical activity you find enjoyable and worthwhile.
- r** **Read** something that motivates you or helps you grow in character and identity.
- S** **Scribing** is the practice of journaling or taking notes about your reading observations.

**adapted from “The Miracle Morning” by Hal Elrod (Hodder and Stoughton, 2016).

MOVE IT INTO PRACTICE

This is how I use my time to make my mornings feel both stable and charged:

| DESIRED FEELING | PRODUCED BY ACTIVITIES OF |
|------------------------------|---|
| calm / peaceful | Silence, Visualization, Reading, Scribing |
| confident | Affirmations, Visualization, Exercise |
| courageous | Affirmations, Reading, Scribing |
| energetic / alert | Affirmations, Exercise, Scribing |
| exuberant / joyful | Affirmations, Scribing |
| powerful / possessing agency | Affirmations, Visualization, Exercise |
| prepared | Visualization |
| receptive | Silence, Affirmations, Reading |
| sexy / attractive | Affirmations, Visualization, Exercise, Scribing |
| spiritual | Silence, Exercise, Reading, Scribing |

Lifer questions >>

LIFER DISCUSSION GUIDE

Your Lifer might struggle with mornings, or they might be pretty good at them. Use the following questions to help each of you talk about the direction you'd like to take your day by taking control of your morning.

“Mornings” Questions

- 1. What about your current morning routine works for you?*
- 2. Which state of being (from the previous pages) would you most want to be in your mornings?*
- 3. How would your mornings improve if you just focused on that one change?*
- 4. Imagine that your morning could produce most or all of these “feels”. How would your experience of life be different right now as a result?*
- 5. Who do you know who gets mornings like a pro? / What could you ask them to show you?*