

The 2-Minute Purpose Practice

What you focus on first thing in the morning has a powerful impact on your whole day. Waking up on “the wrong side of the bed” does not have to determine your day. Waking up “on purpose” is a simple practice. All you need is two minutes!

Step 1: Pause

Upon waking up, immediately push the pause button. Refrain from checking your voice-mail, email, and social media for at least two minutes. If you check your phone the moment you wake up, you’re high-jacking the purpose moment. This habit creates stress. Begin your day without the addictive distraction of your devices.

Step 2: Breathe

For the first 60 seconds of the day, simply sit quietly and take three slow, deep, purposeful breaths. Silently count “one” as you inhale and “two” as you exhale. This minute of focused breathing can help you feel centered and calm.

Step 3: Picture

For the remaining 60 seconds, focus on the day ahead. Picture the “purpose moments” where you might make a positive difference in someone’s life. Envision how you can “grow and give” today. Affirm silently to yourself, “I will make a difference in one person’s life today.” Say the person’s name out-loud.

Now, get out of bed, heed your calling, and live your day “on purpose.”