

Getting out of Bed Earlier

By Rene Bastarache, CI

You're here today because you'd like to wake up earlier than you have and asked... This is something that you decided that you want to do... You've decided it's time to grow and become more of the person you'd like to be...

And the way you're going to do that today is simply by relaxing... You're just going to sit back... Relax and realize that this is something you want to do... It's something that you decided to do... And because of your strong mind... You're successful in doing...

In order to get up earlier in the morning you realize that there needs to be a change... A shift in your past behavior... From now on you're going to get to bed earlier... You'll find yourself getting ready for bed earlier than before so you can be in bed to get your sleep at your desired time... Getting to bed earlier will give you more of the deep sleep that your body wants... You will sleep deeper and better than before...

You can set an alarm clock to go off approximately one hour before bedtime... reminding you that it's time to get ready... That it's time to let go of this day so you can rest up for the new one...

Because you're sleeping deeper you will awaken refreshed... rested... and ready to take on your new day... and new challenges...

You wake up each morning happy... thinking about what you're grateful for... thinking about your family... your health... and having a happy life...

You realize that getting up earlier will make your family happier too, because they want to spend more time with you... because they love you... This in turn will make you happier...

It's wonderful to have people care about you so much that they want to spend more time with you... and you want to spend more time with them... because you care about them so much ...

This is a new habit of happiness that you're creating... As with any habit it takes repetition to create... and it takes effort too... You'll give this new habit you're creating 100% of your attention... because you want to do it... because you deserve to be happier... and your family deserves to be able to spend more time with you...

You've made a wise decision to want to improve your life... You're happy that you made this decision... Welcome to your new lifestyle...