

What Do You Do to Get Going in the Morning When You Don't Feel Like It?

1. Keep track of the activities that feel good (make a list) and think about doing them.
2. Tell yourself that you need to live the day to the fullest.
3. Tell yourself that it's a new day with a new chance to get it right.
4. Make yourself get out of bed. Tell yourself you're lazy. (This is the "whip yourself into shape and call yourself names" method).
5. Get a job so that people are depending on you to show up (volunteering counts).
6. Arrange it so someone is depending on you to show up (walking buddy, friends at gym).
7. Make a schedule for yourself. List the things you will do at each hour: 11am – Eat, 1pm – Get the mail.
8. Have a general idea of what you want to accomplish during the day if a strict schedule doesn't work for you.
9. Walk in nature.
10. Remember where we came from.
11. Watch the sunrise.
12. Go exercise.
13. Go exercise with a friend (boyfriend).
14. Keep a calendar.
15. Tell yourself that you have to start the new day.
16. Use tools to get up: make coffee, take a shower, put on makeup.
17. Do simple things, step-by-step.
18. Do NOT worry about it.
19. Do errands.
20. Pick up your son (a friend, a neighbor).
21. Have a ritual that you do every day. Walk every day. Have a ritual (touch a fence on your walk). Have coffee, read paper.
22. Do the things that make you happy.
23. Tell yourself you can go back to bed, but you're losing opportunities if you don't get up.
24. Get up to pee.
25. Once you're up, you tend to stay up.
26. Have someone tell you all the wonderful things that await you if you get up. Set it up with a friend to call them and have them tell you. Or record a list of wonderful things on a tape recorder and play it to yourself when you wake up.
27. Walk the dog.
28. Feed the dog.
29. Feed the cat.