




The Morning Jumpstart

Living Minutes Academy

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LivingMinutes.com

LM!



Congratulations on this first step!

- ▶ Congrats! You've learned the essentials of mindful living using the Living Minutes program
 - ▶ You're going to practice these over the next few weeks in order to master them
- ▶ The next step of this program is to show how the Living Minutes can be used to live a balanced, joyful life
 - ▶ The foundation of this is mindfulness, but we're going to extend this to every aspect of your life
 - ▶ We'll begin this exciting journey next week!
- ▶ But, first, back to the Living Minutes program...
 - ▶ I'm going to introduce you to one of my favorite Mindful Moments
 - ▶ This is how I start most days



Morning Jumpstart

- Get every day off on the right foot! This is a quick ten-minute “Mindful Moment” that will help set the mood for a great day. Do it as soon after waking up as you can muster (I do mine immediately upon waking)

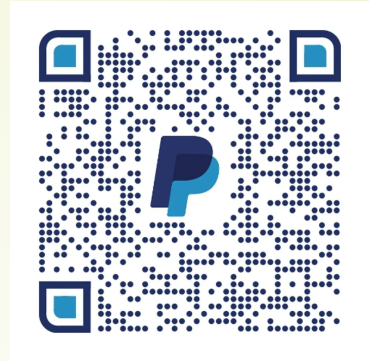
First Five Minutes

- Spend five minutes getting your blood pumping or your body stretched
- Pick 3-5 Living Minutes for your Body and spend 5 minutes doing these activities
- I like to dance around to a favorite energizing song followed by a couple yoga stretches

Second Five Minutes

- Spend the last five minutes getting your mind ready for the day
- Time for a Nurturing Meditation – just meditate silently for 5 minutes
- The goal is to calm the mind so it’s ready to tackle the day

Help me help others




- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
 - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



Your Mission



Develop your Morning Jumpstart Mindful Moment

-  Choose which Living Minutes and style of meditation you'll use for your Morning Jumpstart Mindful Moment. Begin doing your Morning Jumpstart every single day.