

The not-so-weird meditation habit (15-minute meditation routine)

- Start first thing in the morning—as soon as I wake up.
- Set the alarm if necessary. (Never hit snooze.)
- Get out of bed and sit on the floor.
- Stretch.
- Think about my breathing.
- Notice breaths—inhale through nose, exhale through mouth.
- Redirect thoughts that wander away from my breath and stretching.
- Pray my Daily Prayer Mantra <<[link: CalebAnderson.tv/dailyprayer](http://CalebAnderson.tv/dailyprayer)>>
- Recite my Affirmations <<[link: CalebAnderson.tv/affirmations](http://CalebAnderson.tv/affirmations)>>
- Reflect on two simple acrostics—to help me remember:
 - G.O.D.
 - M.E.

GOD

- G – Gratitude: Be thankful. List and appreciate blessings, small and large
- O – Observation: Pay attention. What is God doing? How are things working together for good around me?
- D – Dedication: Commit myself to honoring God and serving others again today.

ME

- M – Main thing: What's the main thing today? If I can only accomplish ONE THING, what is it? How to I make this the focus of the day?
- E – Enthusiasm: Draw energy from the time of meditation and turn that into enthusiasm for the day ahead. My influence today is based on the enthusiasm I bring to whatever I do and whomever I see.