

Welcome!



 1

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Practice

 1

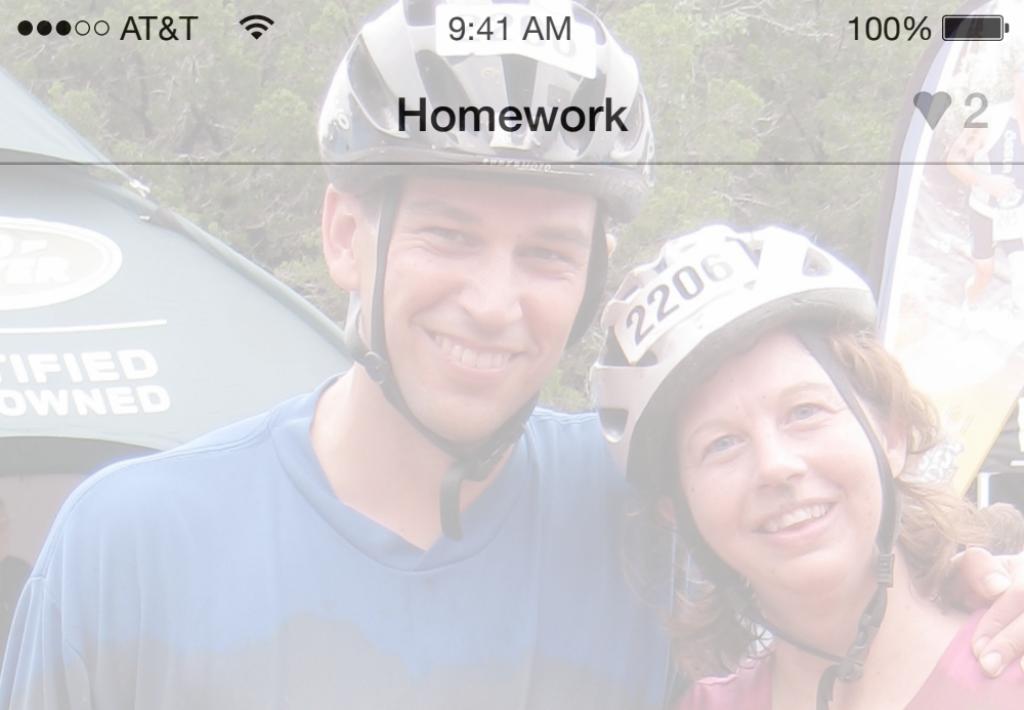
Build your first habit

Revel in the silliness

- 1. Read all these instructions first**
2. Close the Mindful Progress application
3. Put the phone where you normally keep it at night
4. Set your normal alarm clock to ring in two minutes
5. Get in bed under the covers
6. Get a minute of quality relaxation
7. When your alarm goes off, get up and open the app
8. Do steps 1-7 twice, three times for bonus points

Homework

2



Homework

1. Lay out some comfortable workout-style clothes for tomorrow's habit practice.

(Hint: you won't need to workout)

- 2 Reset your alarm clock. You will need 10 minutes tomorrow for the next steps.

Congratulations!! Meet us here tomorrow morning