

The Glad to Be Here® Wake-up



The core of this exercise is simple. It comes down to this: wake up happy, every single day. Align your first thoughts each day on the things that you are grateful for. It is a simple practice that can help develop a habitual, positive mindset. Here, in John's words, are three steps to start each day right.

Step 1: Present

The first thing I do every morning is think about what I am grateful for. I do this while still in bed. I bask in the idea of being alive, in good health and on all goodness that surrounds me in the moment.

Step 2: Past

I reflect on the last 24 hours and recall events and people I am thankful for. I do this by frames starting with my wake-up from the day before. Again, reliving and basking in any goodness done or observed. It's fun and can sometimes continue for a while depending on the day.

Step 3: Future

Now comes the part I enjoy most: planting seeds for the next 24 hours. I think ahead to the upcoming day in frames of the events and people. Here is where exchanging self for others comes in. I try to think of what they will need or want and pray they receive it... or maybe I can do something to help them get what they want.