



Seven Keys to Engaging People for Service Excellence
Key 1 - Wellness: Promote Healthy Choices

How to Wake Up Happy - Sleep Guide

The full version of this study guide and Audio CD
is available at www.peterdavison.ca/products.html

Good Morning?

Your days are your life in miniature. Everyday you are born anew with fresh opportunities to do what you love with passion and purpose. Research tells us that losing 90 minutes of sleep can reduce effectiveness by 33%. The quality of your awakening determines the quality of your energy, the quality of your energy affects your capacity to help others. Your capacity to serve others determines the quality of the legacy you leave. If the essential question is, "What are you smiling about?" Then this guide will at least help better prepare to live each day to the fullest. It is my sincere hope that the seven personal harmony strategies to wake up happy will help you live the best life you can dream. And as the old saying goes, "The best way to realize your dreams is to wake up!"

ACTIVITY 1: SURVEY THE NEEDS AND ISSUES

Q1. How many hours do you sleep on average?

Q2. How many hours do you think you require?

Q3. Do the math. How is what you are doing now working for you?

Q4 What is your current sleep style? Check all that apply. Make notes here.

- Like a log – Hurricane, what hurricane?
- Trouble getting to sleep
- Trouble staying asleep – Toss and turn drift in and out
- Trouble getting up – Snooze button slap happy
- Any 2 in the combo or all 3 challenges. In fact, I am sleep walking right now.

Q5. What is your ideal sleep pattern? Describe what you desire and include time asleep, time up, include the smells, sounds and sights, etc., in specific details of the quality of slumber you desire and deserve. Joy is in the details, envision the best.

ACTIVITY 2 - CURRENT STRATEGIES AND AWARENESS CHECK

Q. What are some things you can do that you know for sure will give you a lousy sleep and you will wake up grumpy?

Don't Do this:

Q. What do you do now that helps you sleep and wake up happy? What are the key factors have you noticed that are determinants of a healthy, deep and restful sleep?

Do this:

SEVEN STEPS TO WAKE UP HAPPY

Step 1: PREPARE THE NEST

- Clean quality sheets to match the season and mood.
(Note the energy of colours and textiles, find out what qualities they give)
- Buy the cheapest most uncomfortable pillow you can find or if you already have one throw it out and treat yourself to what you deserve. Chiropractic water pillow highly recommended.
- Dark room. Use full spectrum light bulbs to reproduce the sun's full light spectrum. Highly recommended to help with being SAD, (Seasonal Affective Disorder)
- Smudge or burn incense to clear space especially after loss or change.
- Use a dream catcher and sleep with lavender
- Feng Shui (eastern art of arranging space) the room or home to remove blockages and increase energy flow. (I.e. Head of bed not under windows or not positioned so feet point out the door.) – Contact Feng Shui Consultant Grace McKnight to explore the wonders of sacred space arrangement and energy flow. 902-624-0066
- Invest in an exceptional mattress for whatever time is left of the 26 years you will be spending in bed. Store nothing under the bed or clutter in closets. Rule: There should be no where for a mouse to hideaway. Exchange stale waterbed water annually.

Areas in which I could do better to prepare my nest are:

Step 2: STILL THE BODY

(To help with staying asleep)

- a. Exercise to your level every day.
- b. Eat or drink nothing 3 hours prior to sleep time.
- c. Cleaning ritual, great signal for body learned shutting down cycle (Caution: If you succeed in making a big change in sleep patterns then this must match with changes in bedtime ritual!)
- d. Lay still: Sleep like an Egyptian. Cross arms over chest or behind head and legs at ankles, Body language for closed down. If possible, lay on your flat on back for take best advantage of the breathing exercises.
- e. Calming Exercises
 - Level 1:** Counting breathe, 6 counts in and 6 counts out flow in the transition or balance nostril breathing. Block right nostril to inhale in thru left nostril and vice versa to exhale out the right nostril.
 - Level 2:** Tense (inhale) and release (exhale) with muscle groups starting from feet, calf, thighs, buttocks, stomach, hands/fist, shoulders, finishing with the face.

Notes to Improve

Innerweath Calming Exercises

Increasing Presence and Energy

Breathing Awareness

Focus on your breathing. Place your hand on the place that seems to rise and fall the most as you breathe. If this place is on your chest, you will need to practice breathing more deeply so your abdomen rises and falls most noticeably. (When we are nervous or anxious, we tend to breathe short, shallow breaths in the upper chest.) Now place both hands on your abdomen and notice how it rises and falls with each breath. Notice if your chest is moving in harmony with your abdomen. Continue to do this for several minutes. This exercise is also something you can do at work and sitting in a chair.

Deep Breathing

This exercise is most effective if you can do it lying down with your knees bent and your spine straight. Scan your body for tension. Place one hand on your abdomen and one hand on your chest. Inhale slowly and deeply through your nose into your abdomen to push up your hand as much as it feels comfortable. Your chest should only move a little in response to the movement in your abdomen. When you feel at ease with your breathing, inhale through your nose and exhale through your mouth, making a relaxing “whooshing” sound as you gently blow out. This will relax your mouth, tongue, and jaw. Continue taking long, slow, deep breaths that raise and lower your abdomen. As you become more and more relaxed, focus on the sound and feeling of your breathing. Do this deep breathing for five to ten minutes at a time, once or twice a day. Scan your body for tension at the end of each session. You can practice it wherever you happen to be, in a standing, sitting or supine position. Use the exercise whenever you feel tense.

The Bracer

This is a good exercise when your energy is low. It will stimulate your breathing, circulation, and nervous system. Stand up straight with your hands at your sides. Inhale and hold a complete natural breath as described above. Raise your arms straight out in front of you, using just enough energy to keep them up and relaxed. Gradually bring your hands to your shoulders while contracting your hands into fists, so that when they reach your shoulders they are clenched as tight as you can make them. Keep your fists clenched as you push your arms out straight very slowly. Pull your arms back to your shoulders and straighten them out, fists tense, as fast as you can several times. Release your fists and let your arms drop to your sides, exhaling forcefully through your mouth. Practice a few purifying breaths as described previously. Repeat.

Alternate Breathing

This is an excellent relaxation exercise. Some people also find that it alleviates tension and sinus headaches. Sit in a comfortable position with good posture. Rest the index and second finger of your right hand on your forehead. Close your right nostril with your thumb. Inhale slowly and soundlessly through your left nostril. Close your left nostril with your ring finger while opening your right nostril by removing your thumb. Exhale slowly, quietly, and as thoroughly as possible through your right nostril. Inhale through your left nostril. Close your right nostril with your thumb and uncover your left nostril. Exhale then inhale through your left nostril. Begin by doing five cycles of alternate breathing. Gradually increase.

Step 5 - THE POWER OF GRATITUDE

(To help getting to sleep and staying asleep)

Gratitude is the highest vibrating thought the human heart can contain. (If in doubt spend time with a negative, critical, ungrateful person and see how that brings you down)

Level 1 - Thank an object and follow the stream of gratitude thoughts.

Level 2 - Give thanks in detail to people or experiences that made your day beautiful.

Level 3 - Give thanks in detail for a lesson learned from a challenging and difficult person by listing the benefits of their character traits or behaviors. What you cannot be grateful for will run you.

Level 4 - Emergencies only. Deploy and instant portable stress busting device known as a red foam clown nose. Keep one on hand at your desk and in your car.

Step 6 - RISE AND SHINE MANTRA

(To help getting up)

A. Mantra - Every statement you make to yourself and others leaves an imprint on your own mind. A mantra is a sacred recitation used to connect with your source of strength. Repeat it to yourself or out loud the moment you become aware that you are awake. This is a positive affirmation about what you desire or have. Example: "Every waking morn I am born anew, I give thanks to the Creator for opportunities to do what I love."

My personal rise and shine waking mantra is:

B. Daily Affirmation

"An affirmation is a strong, positive statement that something is already so." – Shakti Gawain

To continue positive vibrations throughout the day read and hear the inspiring words and apply these inspiring words to your life. Words you say to yourself daily have power. They can help transform your insides and your outsides. They help put you in tune with what you are going to do. Ask yourself, "What do I have to believe in order to achieve this result?" And "What is the result I desire?"

People who achieve outstanding results in a particular area usually *think differently* from people who achieve poor or average results in that area.

Guidelines to keep in mind when developing your own affirmations:

1. Use words in the present tense, not future or past.
2. Use words that describe realities that are possible.
3. Avoid using absolute statements, such as always or never.
4. Use words implying balance of polarities.
5. Use words constructed in brief phrases.
6. Use words that give feelings of love and inspiration.
7. Use words you are willing to say to yourself for life.
8. Use words you can link to your favorite sensory associations. Sight (your favorite picture), Sound (your favorite music), Place (your favorite scene), Smell (your favorite fragrance), Taste (your favorite food), Feel (your favorite texture)
9. Start your affirmation statement with I.
10. Include powerful verbs that inspire action. Pump your statements!
11. Write and audibly repeat them, feeling the emotional power of the affirmations in your body.
12. Visualize yourself as having already created this result in your life
13. Focus on what you want, not what you don't want.

*"If you think what you've always thought, you'll do what you've always done.
If you do what you've always done you get what you've always got."*

"The mind believes what you tell it."

Keywords of Inspiration and Meaning for me are:

Step 7 - MINDFUL DISCIPLINE

(Commitment to all the steps to help live better and do what you were born to do.)

Make a habit to put your feet on the floor when you agreed to wake up the night before, no compromise. (The pain of regret outweighs the pain of discipline.) Use your will power to serve your purpose. The ego seeks pleasure and avoids pain. To engage success is to balance and be in harmony with pleasure *and* pain, support *and* challenge, loss *and* gain, sad *and* happy, chaos *and* order.

To live more consciously, the body must be obedient to the mind with discipline. The mind is then obedient to the spirit (your higher calling) with inspiration – doing what you love to do. When your spirit/life purpose is honored and grounded, it thrives and you wake up happy to do what you love.

The pain of regret always outweighs the pain of discipline!

Follow Nature's Hand

Unless the mind rules the body then it is like the horses telling the coachman which way to go. This is the stuff of addictions. Your body are the horses, they have instincts, they seek the pleasure only and they provide the mobilization of your being. But they are certainly not aware of any sense of the context or greater purpose in which they are operating. You need to master the body otherwise the law of obedience is not functioning and you are denying nature's hand.

Exercise

The perfect way to master the body is by putting it in positions of rest and testing discipline. Try sitting absolutely still of 10 minutes. No movement. Freeze for ten minutes. Then watch the itches come - the discomfort rises as the body starts to tell your mind that "This is crazy, there's absolutely no use" and you mind becomes the slave. See if you can build the discipline of personal WILL by freezing the body. Include the tongue, the eyes, the finger tips.

Semi Lucid Dreaming

Note: If you wake up organically before your agreed time then you can enjoy exploring your semi-lucid dreams. These are the simple thoughts that dance during the twilight of consciousness. It is recommended to prop up in bed with hardcover note book and pencil. Write what comes to your imagination and allow yourself to doze off until your agreed waking time. Repeat as necessary.

Rituals – Repeated Patterns of Support

- A. Morning ritual may include “morning pages” (3 sheets of stream of consciousness writing from Julia Cameron, [*The Artist's Way*](#))
- B. Morning exercises and stretches highly recommended, Walking, Yoga, Chi Gung, Tai Chi,

Take good care of whatever's left of your average 26 years spent asleep. There are 525,600 minutes in a year and 1440 minutes in this day and everyday and spend it wisely because you can't carry a balance to the next day. The only thing you leave behind is how much you gave to others that leaves you with a smile on your face.

Good Morning!

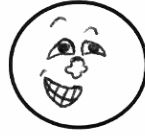
FACING FEELINGS



AGGRESSIVE



AGONIZED



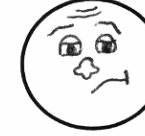
AMUSED



ANGRY



ANXIOUS



APATHETIC



APOLOGETIC



ARROGANT



ASHAMED



BASHFUL



BLISSFUL



BOASTFUL



BORED



CAUTIOUS



COLD



COMPETITIVE



CONCENTRATING



CONFIDENT



CONFUSED



CONNIVING



CONTEMPT



CONTENTED



CRANKY



CREATIVE



CURIOUS



DELIGHTED



DEMURE



DEPRESSED



DETERMINED



DISAPPOINTED



DISAPPROVING



DISGUSTED



DISTASTEFUL



DOMINEERING



EAGER



EAVESDROPPING



ECSTATIC



EFFICIENT



EGOTISTICAL



EMBARRASSED



ENRAGED



ENTHUSIASTIC



ENVOIOUS



EXASPERATED



EXERCISED



EXHAUSTED



EXPECTANT



FIENDISH



FORGETFUL



FRIGHTENED



FRUSTRATED



GOSSIPY



GRATEFUL



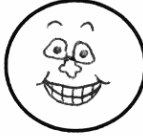
GREEDY



GRIEVING



GUILTY



HAPPY



HELPFUL



HELPLESS



HOMESICK



HOPEFUL



HORRIFIED



HOT



HUNGOVER



HURT



HYSTERICAL



IDIOTIC



IMPRESSED



INDIFFERENT



INFATUATED

FACING MORE FEELINGS



IRRESISTIBLE



INNOCENT



INSECURE



INSIGNIFICANT



INSPIRED



INTERESTED



JEALOUS



KIND



LAZY



LOADED



LONELY



LOVABLE



LUSTFUL



LOVESTRUCK



MARTYRED



MEDITATIVE



MELLOW



MISCHIEVOUS



MISERABLE



NAUSEATED



NEGATIVE



NERVOUS



NOBLE



NONCHALANT



NOSTALGIC



OBSTINATE



OPTIMISTIC



OVERWORKED



PAINED



PASSIVE



PARANOID



PERPLEXED



PRESSURED



PRUDISH



PUZZLED



REGRETFUL



RELIEVED



RESENTFUL



SAD



SATISFIED



SKEPTICAL



SCHEMING



SEDUCTIVE



SHEEPISH



SICK



SHOCKED



SMUG



SOPHISTICATED



SUCCESSFUL



SULKY



SURLY



SURPRISED



SUSPICIOUS



SYMPATHETIC



TALKATIVE



TEMPTED



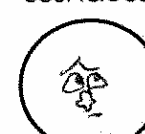
TENDER



THOUGHTFUL



THREATENED



TIMID



TIRED



TRANSCENDED



TRIUMPHANT



TURNED-ON



TWO-FACED



UNDECIDED



UNEASY



VULNERABLE



WITHDRAWN



WORRIED

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<p>The Anatomy of Peace: Resolving the Heart of Conflict <i>See people as people and stop perpetuating the problems we are trying to solve.</i></p>	\$19.95	_____ <i>Anatomy of Peace</i>
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<p>How to Wake Up Happy and Do What You Love! – Audio CD with Study Guide <i>Your days are your life in miniature, rise and shine!</i></p>	\$19.95	_____ <i>Wake Happy CD</i>
<p>How to Deal With Difficult People for Good! – Audio CD with Study Guide <i>What if other people are not failed attempts at being me?</i></p>	\$19.95	_____ <i>Difficult People CD</i>
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Peter Davison is an international motivational speaker and training leader whose tales and tools enrich relationships, deepen engagement and promote productive attitudes for the greater good.

Success Formula: Valuing Self, Others and Service = Healthy Emotional Connections = Fulfilling Employee Engagement = Service Excellence = Individual, Organizational & Community Prosperity...

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