

# EXPLORE YOUR ENTHUSIASM

## EPISODE 145: HOW DO YOU GET UP IN THE MORNING WHEN EVERYTHING IS AWFUL?

This weekend at Midwest Craft Con, I was on a panel about depression and anxiety. At the end we had a Q+A and I wanted to talk today about a question that has stuck with me:

How do you get out of bed when everything is awful?

What gets YOU out of bed?

I have two answers, and the first is very practical.

### 1. It was easier to get up when I knew exactly what I was going to do for the first several hours of my day.

Part of this is having routines - knowing I'd make coffee, meditate, read and journal, followed by work.

The other part of this is knowing what work you need to do.

This is why I'm such a GIANT fan of knowing all the tasks between here and your goal, breaking them down, each week writing down that week's tasks and then each day choosing what's most important for the day. It means that I'm not going to get overwhelmed by the big goal, or struggle to figure out how I'm spending my time. I can just implement.

This is why having nothing on your plate isn't good either. It helps to have some commitment you need to stick with.

### 2. I remembered YOU.

I knew if I could get through this, I could talk about it with you. I knew it was giving me empathy and strength and insight to an experience many of you have shared with me.

## FOR YOUR OWN BAD MORNINGS:

### 1. Know exactly what you need to do. (Map Your Business can help with this!)

If mornings are hard, make your list the evening before.

### 2. Tap into your why and make it about others.

Who are you helping? Who do you need to take care of?

Share your own Why with me on Instagram, by using the hashtag #exploreyoureenthusiasm.