

2 Minute  
Activity  
For  
EVERYBODY

## Start Your Day By Making Your Bed

At this time, some of you may not even want to get out of bed, let alone make it, but there is great value in staying in some form of routine.

Naval Admiral William McRaven, the commander of U.S. Special Operations, in a 2014 commencement speech at the University of Texas at Austin, shared his thoughts on the matter. "If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another," he said. "By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter."



If You Want to Change the World, Start Off by Making Your Bed - William McRaven, US Navy Admiral <https://www.youtube.com/watch?v=3sK3wJAxGfs>

Gretchen Rubin, author of "The Happiness Project" found during her research for her book, that one of the most common simple changes that led to happiness was making the bed each morning. It may seem simplistic, but that is exactly what we need at this time. This is one small, simple intentional habit can help to set a positive mood for our day, and it just looks and feels better!!