# Morning Checklist

# The Beginning

 Think About God, ask Him to direct your thinking.

 Read a passage from a spiritual reading.

# Pause – Take a deep breath and let it out slowly.

# Then say the following, out-loud please:

 “God, please help me be consciously aware of you, now and through the whole day.”

 “God, please help me to Pause, Pray and Listen before making decisions and when I am disturbed.”

 “God, please release me from the bondage of self.”

 “God, please give me the power to restrain my keyboard, pen and tongue.”

# Pause – Take a deep breath and let it out slowly.

# Prepare for the Day

 Look at your list of tasks, and your day-timer or calendar; consider each meeting or call that you have planned? Are there going to be difficult conversations, are you afraid of anything coming up today; do you have enough time to accomplish it all?

 Ask God what your priorities should be for this day.

# Pause – Take a deep breath and let it out slowly.

# Declare your purpose for the day – out loud, say:

 “My purpose today, improve my conscious contact with God - seeking His will for me and the power to carry it out.”

# Pause – Take a deep breath and let it out slowly.

**Conclusion**

 Prayer on your knees – “God I need some help today.”