

# The SAVE Method

Simple as 1,2,3.

Every morning, start your day with ...

Your 3 minute

# SAVE

energy boost

**S**top

**M**e



1 minute to breathe deeply and do nothing else

**A**cknowledge



1 minute to be grateful for who you are and your life

... and get way more...

**V**isualize



1 minute to imagine your day as if it were the best day possible

**E**nergy

**Breathe, Find Gratefulness, Visualize**