Inhale deeply...and exhale slowly.

**\_\_verb1\_\_\_\_** in...and out. **\_\_verb1\_\_\_** in again, **\_\_\_verb-ing 2\_\_\_** in **\_\_\_noun\_\_\_...**and exhale.

Now switch to **\_\_\_\_verb-ing 2\_\_\_** ….. **\_\_\_adverb\_\_\_ , \_\_\_adverb\_\_\_ ,** and **\_\_\_adverb\_\_\_,**

With each **\_\_\_\_noun\_\_\_\_,** you can **\_\_\_verb3\_\_\_** in the **\_\_\_noun\_\_\_** your body needs, and become filled with **\_\_\_\_noun\_\_\_\_.** You can \_\_\_**\_verb3**\_\_\_\_ any tension or **\_\_\_noun\_\_\_** you may be experiencing.

For the next few moments, focus on your breathing, and concentrate on breathing **\_\_\_\_noun\_\_\_\_\_** and **\_\_\_\_adjective\_\_\_\_\_** feelings in, and breathing **\_\_\_adjective\_\_\_\_** feelings out and away.

Twist your **\_\_\_body part(s)1\_\_\_** into the shape of **\_\_noun(s)\_\_,** and hold your **\_\_\_body part(s)1\_\_\_** in that shape. Feel the muscles in your **\_\_\_body part(s)1\_\_\_** ...strong...tight...squeeze. them, and now release your **\_\_\_body part(s)1\_\_\_**, allowing them to be loose and **\_\_\_\_\_adjective\_\_\_\_\_\_.**

Now, allow your **\_\_\_body part(s)2\_\_\_** and **\_\_\_ body part(s)3\_\_\_** to become warm and awake.

Start to experience feelings of **\_\_\_feeling\_\_\_** and **\_\_\_feeling\_\_\_** for the day ahead.

Now rub your **\_\_\_plural body part 3\_\_\_** together...feel the friction generated by your **\_\_\_plural body part 3\_\_\_** rubbing together...like electricity crackling...and increasing your energy. As you rub your **\_\_\_plural body part 3\_\_\_** together, it generates energy for your mind and body...leaving you feeling completely **\_\_\_\_feeling\_\_\_\_** and alert.

Continue this guided energy starter as you become more awake, alert, and **\_\_\_adjective\_\_\_.** Getting yourself ready to **\_\_\_verb\_\_\_** the day. Feel your body getting ready to **\_\_\_verb\_\_\_**...

Breathe in as you reach your right **\_\_\_ body part 4\_\_\_** up toward the **\_\_\_noun\_\_\_** on your ceiling. And push your left **\_\_\_ body part 4\_\_\_** down toward the ground. Now switch.

Good. Now become aware of how your body feels. Turn your attention inward toward your **\_\_\_body organ\_\_\_...**just observing the state of your body. Now shift your attention to your **\_\_\_\_body organ\_\_\_\_** Feel the gentle movements your body makes as the air moves with each breath.

Notice that you can feel calm and \_**\_\_feeling\_\_\_\_,** and energized at the same time.

Now abruptly stop meditating. And breathe out. And say \_\_\_**well-known phrase**\_\_\_ out loud!

* Verb 1 \_\_\_\_\_\_\_\_\_\_
* Verb 2 \_\_\_\_\_\_\_\_\_\_ing
* Noun \_\_\_\_\_\_\_\_\_\_
* Adverb \_\_\_\_\_\_\_\_\_\_
* Adverb \_\_\_\_\_\_\_\_\_\_
* Adverb \_\_\_\_\_\_\_\_\_\_
* Noun \_\_\_\_\_\_\_\_\_\_
* Verb 3 \_\_\_\_\_\_\_\_\_\_
* Noun \_\_\_\_\_\_\_\_\_\_
* Noun \_\_\_\_\_\_\_\_\_\_
* Noun \_\_\_\_\_\_\_\_\_\_
* Noun \_\_\_\_\_\_\_\_\_\_
* Adjective \_\_\_\_\_\_\_\_\_\_
* Adjective \_\_\_\_\_\_\_\_\_\_
* Body part 1 \_\_\_\_\_\_\_\_\_\_
* Noun \_\_\_\_\_\_\_\_\_\_
* Adjective \_\_\_\_\_\_\_\_\_\_
* Body part 2 \_\_\_\_\_\_\_\_\_\_
* Body part 3 \_\_\_\_\_\_\_\_\_\_
* Feeling \_\_\_\_\_\_\_\_\_\_
* Feeling \_\_\_\_\_\_\_\_\_\_
* Feeling \_\_\_\_\_\_\_\_\_\_
* Adjective \_\_\_\_\_\_\_\_\_\_
* Verb \_\_\_\_\_\_\_\_\_\_
* Verb \_\_\_\_\_\_\_\_\_\_
* Body part 4 \_\_\_\_\_\_\_\_\_\_
* Noun \_\_\_\_\_\_\_\_\_\_
* Body organ \_\_\_\_\_\_\_\_\_\_
* Body organ \_\_\_\_\_\_\_\_\_\_
* Feeling \_\_\_\_\_\_\_\_\_\_
* Well-known phrase \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_