



**JULY 2018**

## **MAKE YOUR BED, CHANGE YOUR LIFE?**

I didn't realize the value in making my bed until a few months ago when I read Admiral William McRaven's *Make Your Bed: Little Things That Can Change Your Life... And Maybe The World*. You may have heard his University of Texas at Austin Commencement Address in 2014 that went viral. If not, I recommend a listen. Admiral McRaven served as a Navy SEAL for nearly four decades, oversaw the raid on Osama Bin Laden, and ended his career as commander of all United States Special Operations Forces – to say he is accomplished is an understatement. After his speech was so well-received, he wrote a book summarizing the “10 Life Lessons” he learned from Basic SEAL Training. His very first lesson being, “If you want to change the world, start off by making your bed,” – simple, right? In fact, so simple that it often gets overlooked. Truth be told, I only began making my bed regularly four years ago when I began college – and that was only because my roommate made her bed. Growing up, the only time I made my bed was when we had company over or when there were clean sheets. Fast forward to a few years of bed-making and I've realized that the simplicity of making your bed first thing every morning is what makes it so profound. Even on days when I don't want to make my bed (which is every day), I still make myself do it because I know it will set the tone for the rest of my day. Plus, who doesn't like coming home to a nice, clean bed?

Admiral McRaven emphasized his first lesson by stating, “If you can't do the little things right, you will never do the big things right.” Making your bed is an example of a keystone habit – if you make your bed every morning, you're more likely to perform other good habits throughout the day.

**“IF YOU CAN'T DO THE LITTLE THINGS RIGHT,  
YOU WILL NEVER DO THE BIG THINGS RIGHT.”**

If you make your bed every morning, you might even see a boost in productivity, in mood, and in sense of accomplishment. “It will give you a small sense of pride and it will encourage you to do another task and another and another. 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,” Admiral McRaven notes.

In a survey of 68,000 people, only 27% of respondents regularly made their beds. Interestingly, 71% of bed makers considered themselves to be happy, while 62% of non-bed makers admitted to being unhappy.





# the supplement

FACILITATING VITALITY

### Bed makers were more likely to:

- Enjoy their jobs
- Own a home
- Exercise regularly
- Reduce stress
- Be more productive
- Be more organized
- Develop positive habits
- Sleep better
- Wake up rested

### Non-bed makers were more likely to:

- Hate their jobs
- Avoid the gym
- Have more clutter
- Be more stressed
- Struggle with time management
- Wake up tired



Do you want to change your life in as little time and effort as possible? Wake up every morning and make your bed – even when you don’t want to. The two minutes you allot each morning to make your bed can very well dictate the rest of your day. Do you want to foster positivity and productivity in your life? Make your bed and you will begin to realize that it’s the little things in life that mean the most - make your bed and maybe you will just so happen to change your life.

### Other keystone habits that can change your life:

- Having family dinners
- Exercising regularly
- Tracking what you eat
- Developing daily routines (especially morning routines)
- Meditating
- Planning out your day (preferably the night before)
- Positive thinking
- Cooking at home
- Saving money



**MACKENZIE PENNINGTON,**  
**Wellness Intern**

Meet Mackenzie Pennington, our guest author this month. Mackenzie recently graduated from Western Kentucky University with a degree in health science and has spent the summer as our wellness intern.



**PATRICIA M. FULLER, PhD,**  
**Director, Wellness Engineering**

Patricia M. Fuller has dedicated the last 20 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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