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A GUIDE FROM THE METHOD

The Morning Standard

The first ninety minutes, designed once.

Why mornings decide the day

The first ninety minutes are the only part of the day most women fully own. Design them once and they stop being a negotiation. The standard below is deliberately small: five moves, no heroics, built to survive travel, school runs, and seasons of low motivation.

The standard, in five moves

Run these in order. The whole sequence asks for less than thirty focused minutes inside your first ninety.

- Wake at the same time, even after a short night. The anchor matters more than the total.
- Light before screens: two minutes outside, or at a bright window with the day in your eyes.
- Water before coffee; coffee is fine, it just goes second.
- Protein within the first hour. Eggs, yogurt, leftovers; the form is unimportant, the presence is not.
- Eight minutes of movement: the mat, a walk, the band from your travel kit. Appetite for more can follow, but eight is the floor.

What the standard is not

It is not a challenge, a cleanse, or a personality. Miss a morning and nothing has been ruined; the standard is standing exactly where you left it. Rules expire. Standards keep.

A morning that stops negotiating with you is the quietest kind of luxury.

Education, not diagnosis: Paula's Method offers lifestyle advisory, not medical care. For diagnosis, treatment, or medication decisions, consult your physician. v1, July 2026; drafted for Paula's review.