



MORNING ROUTINE

CREATE A MORNING ROUTINE WORTH WAKING UP FOR!

SO, YOU CLAIM YOU'RE NOT A MORNING PERSON?
COULD IT BE BECAUSE YOUR MORNING ROUTINE ISN'T
WORTH WAKING UP FOR? BE GOOD TO YOURSELF STARTING
THE FIRST THING IN THE MORNING! BELOW ARE SOME
IDEAS TO INCLUDE IN YOUR MORNING RITUAL TO
MAKE IT WORTH WAKING UP FOR!

THE EARLY BIRD CATCHES THE WORM

I know, I know you aren't a morning person but, guess what you can become one. Set your alarm 10 minutes earlier tomorrow morning then every couple of days set it back 5 minutes more. Crazy successful people wake up early. Hence that old line". The early bird catches the worm or Early to bed early to rise makes a man healthy wealthy and wise. They get the most done, get the interview, get the man etc. Besides it's more your time to do things that matter to you.

EXERCISE

7 mornings a week I get my sweat on. It is part of my morning routine and I highly recommend it for yours. I've changed how I look at exercise. I don't need to tell you why.





FEED YOUR BODY GOOD

Plan a good home cooked breakfast. Smoothies, grains, breakfast salads, eggs, eat something that gives you energy to power your morning. Prep the night before for a nutritious morning meal.

TAKE A BATH (WITH BATH SALTS OR BUBBLES)

Spending some time in a hot tub with your favorite bath salts or bubbles is way to be kind to your body after a good early work out.

SET YOUR INTENTIONS

Take a look at what you have on tap for the day. Consider each meeting, each person you are going to come in contact with. Think about how you want to leave each one of them feeling.

SPEND SOME TIME WITH YOUR LOVED ONES

Schedule a breakfast date each week with your partner. Make time to look your kids in the eye each morning. A well placed comment of encouragement, a compliment, will start your day and theirs off on a high note.

HOUR OF POWER

Motivation only lasts for so long. You have to fill your own well on a regular basis. Take some time each morning to read inspirational anecdotes and empowering quotes.





ASK YOURSELF ONE IMPORTANT QUESTION

If today was the last day of your life, would you still want to do what you're about to do today? If you find yourself saying no several times in a week it's clearly time to make a change.

MEDITATION

Once a fringe practice is now a common part of many successful people's days. Simple sitting and quieting your mind is a great way to begin. You find many resources on line for establishing a more complex meditation practice.

PRAYER/CONVERSATION WITH THE UNIVERSE

It doesn't matter whether you believe in God or the benevolent universe your morning ritual is a perfect time to express your gratitude for what is and your desires of your heart.

KENNETH CHENAULT, AMERICAN EXPRESS CEO

The last thing Chenault does before leaving his office at night is to write down the top three things he wants to accomplish tomorrow. Then he'll use that list to start his next day.

BEN FRANKLIN

Every morning Franklin would ask himself, "What good shall I do today?"

ROBIN MCALLISTER-ZAAS

Text or phone two people each morning to encourage them or let them know you are thinking of them.

