



Morning Routines

**Get the Best
Out of Your
Day Before It
Even Begins**





Morning Routines:

Get the Best Out of Your Day Before It Even Begins

Your mornings set the tone for your entire day. If you wake up rushed, stressed, or distracted, you're already behind. But if you take control of your morning, you'll walk into the day with clarity, confidence, and energy. Let's build a morning routine that works.

SO... The question is...

What are you doing to set yourself up for a chance to make everyday the best day yet?

Step 1: Own Your First Hour

Your first hour isn't for social media, emails, or putting out fires. It's for YOU.

Action Plan: Create a Morning Ritual

1. **Gratitude (5 minutes):**

- Write down 3 things you're grateful for. Example: "I'm grateful for my health, my family, and the fact that I woke up today."
- People forget about all the good shit in their life when one bad thing happens.
- You're better off than most and the constant gratitude practice will never let you forget.

2. **Visualization (5 minutes):**

- Close your eyes and imagine yourself succeeding today. See it in vivid detail—how it feels, what you accomplish, and the confidence you'll carry.
- Most people think about what could "go wrong" rather than what could "go right"

3. **Priorities (5 minutes):**

- Write down your top 3 priorities. What's the ONE thing you must accomplish today to feel successful?
- When you list your goals for the day, be intentional about what has the highest yielding opportunity to get you to the outcome you want for the day and do more of that!

Step 2: Move Your Body

Physical activity wakes up your brain and boosts your mood. You don't have to be a gym rat, but go walking, get the blood flowing. Do something instead of just get up and dread another day of work. Movement gets your mind prepared.

Action Plan: Get Moving

- If you're short on time, do a 10-minute workout: squats, push-ups, and stretching or go for a walk.
- If you have more time, go for a run or hit the gym.
- When your body is in shape, your mind is. Period.

Why This Works:

Exercise boosts focus and energy by 72% (University of Bristol). Starting your day with movement puts you in a peak state.

And again... please don't tell me you don't have the time. Just say it's not important enough for you to care. People make time for what they think is important or has a huge value attached to it.

For instance, if I said all you had to do was walk every day for 20 minutes and in 3 months you get a million dollars in cash, i get you'd be walkin.

Step 3: Plan Your Day

A chaotic day starts with a chaotic plan. Organize your day before it starts. Preparation is key. If you're not prepared, you lose.

Action Plan: Time-Block Your Schedule

1. Block High-Energy Tasks in the Morning:
 - Use your best focus hours for critical tasks.
2. Set Boundaries:
 - Block out time for breaks and deep work—don't let distractions derail you.

A study showed that Individuals who write down their goals and action plan for the following day are 42% more likely to achieve them compared to those who don't.

Source: Scholar. Harvard.edu

I guess if a 42% higher success rate doesn't get you to do this..... nothing will.

Summary:

- Spend the first hour on gratitude, visualization, and priorities.
- Move your body to energize your mind.
- Plan your day so you're in control.

Master your morning, and you'll master your life.

P.S. Don't tell me you don't have the time. Tell me it's not important enough to care. At least that way you'll be honest with yourself. #JustSayin



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