



MORNING MINDSET ROUTINE

6 STEPS TO WINNING YOUR
MORNING

6 STEPS TO WINNING YOUR MORNING

WE ALL START OUR DAY IN DIFFERENT WAYS BUT USUALLY NOT ON OUR OWN TERMS...

WE ROLL OUT OF BED AND JUMP IN THE SHOWER TO USUALLY FIND OURSELF RUN DOWN, LATE OR IN THE WRONG FRAME OF MIND.

SO WHAT IF YOU COULD INCREASE YOUR ENERGY DAILY?

FEEL STRONGER AND FITTER?

START YOUR DAY IN THE RIGHT MINDSET?

IMPROVE YOUR PRODUCTIVITY?

AND EVEN IMPROVE YOUR SUCCESS IN LIFE?

WELL IT ALL STARTS WITH A MORNING ROUTINE! JUST 30-40 MINUTES MAX.

EVER SINCE I HAVE ADDED THE MORNING ROUTINE INTO MY LIFE, I'VE INCREASED MY ENERGY, BECOME MORE SUCCESSFUL, ADDED \$10,000 ONTO MY ANNUAL INCOME AND COMPLETELY CHANGED MY NEGATIVE HABITS INTO POSITIVE HABITS THAT HAVE HELP ME TO LEVEL UP MY LIFE FOR THE BETTER. YOUR TEXT



STEP ONE
DRINK A GLASS OF WATER
(TIME: 1-2 MINUTES)

**OUR BODIES ARE MADE UP OF 70% WATER SO NOT HYDRATING OUR BODIES CAN HAVE A NUMBER OF SHORT AND LONG TERM SIDE EFFECTS SUCH AS:
HYPERTENSION, KIDNEY STONES, RHEUMATOID ARTHRITIS, KIDNEY AND URINARY DISEASES.**

THE BENEFITS
DRINKING WATER ON AN EMPTY STOMACH IN THE MORNING IS A GREAT START TO REHYDRATING THE BODY, IF WE AREN'T HYDRATED ENOUGH THIS CAN EFFECT NUTRIENTS AND OXYGEN BEING TRANSPORTED AROUND THE BODY PROPERLY, INCREASED HEADACHES AND ISSUES IN VITAMIN AND MINERAL ABSORPTION



STEP TWO
GET MOVING, A MOBILITY FLOW
IS BEST.
(TIME: 5-10 MINUTES)

“GET UP AND GET MOVING”
STRETCHING OR GOING THROUGH A MOBILITY FLOW IN THE
MORNING HELPS TO WAKE AND RE ALIGN OUR TIGHT MORNING
BODIES TO RELEASE TENSION WE HAVE BUILT UP DUE TO THE
DAY PRIOR OR EVEN SLEEPING IN AN ODD POSITION.

THE BENEFITS
GOING THROUGH A FLOW CAN HELP WITH OUR CIRCULATION
IN THE BODY, INCREASING BLOOD FLOW TO THE MUSCLES AND
ALSO OUR BRAIN WHICH WILL HELP US FUNCTION BETTER
THROUGHOUT THE DAY PHYSICALLY AND MENTALLY.

STEP THREE AFFIRMATIONS (TIME: 5 MINUTES)

WHEN WE TALK ABOUT AFFIRMATIONS, A LOT OF PEOPLE JUST THINK IT'S JUST REPEATING A WORD CONSTANTLY WITH NO REAL BELIEF IN WHAT THEY ARE SAYING...

SIMPLY PICK A FEW SENTENCES TO USE SUCH AS:

I AM HAPPY

I AM LOVED

I AM SMART AND POWERFUL

I WILL SUCCEED IN BUSINESS

BUT YOU CAN PICK MANY OTHERS THAT ARE MORE IN TUNE WITH YOUR GOALS.

YOU SHOULD REPEAT EACH SENTENCE 5 TIMES MINIMUM.

THE BENEFITS

HAVING A SPECIFIC GOAL IN MIND WHEN USING THIS AFFIRMATIONS WILL HELP CREATE NEW ACTIONS IN YOUR BRAIN AS YOU ARE SENDING SPECIFIC TRIGGERS TO THINK, FEEL AND ACT IN A CERTAIN WAY TO ACHIEVE A GOAL, AND EXAMPLE IS SHOWN BELOW

**MIND – BODY – SOUL
THOUGHT – ACTION – RESULT
(NEW HABIT OR EXPERIENCE CREATED)**

THIS IS A REALLY BASIC WAY TO LOOK AT HOW JUST FROM THINKING IN A POSITIVE MANNER YOU CAN CREATE NEW POSITIVE HABITS OR EXPERIENCES AND DETACH FROM NEGATIVE SELF SABOTAGING HABITS, IN PERSPECTIVE YOUR JUST PROGRAMMING YOUR BRAIN

STEP FOUR MINDFULNESS (TIME: 4 MINUTES)

MINDFULNESS IS OFTEN THOUGHT OF JUST SITTING IN A PLACE WITH THINKING ABOUT NOTHING, BEING COMPLETELY EMPTY.

BUT THERE IS A LITTLE MORE TO IT THAN JUST THAT.

MINDFULNESS CAN BE FOCUSING ON THE PRESENT MOMENT WITH NATURE SUCH AS, STARING AT CLOUDS, WHILE YOU FOCUS ON YOUR BREATHING RELEASING ANY TENSION YOU STILL MAY BE HOLDING.

BREATHING TECHNIQUES EXAMPLES:

INHALING IN ALL THE WAY TO YOUR LUNGS AND LETTING YOUR CHEST RISE FOR 4 SECONDS.

HOLDING YOUR BREATH FOR 1-2 SECONDS AND RELEASING FOR 4 SECONDS.

THE BENEFITS

WHEN YOU INDUCE A STATE OF RELATION YOU CAN START TO RECEIVE THE BENEFITS SUCH AS:

REDUCE ANXIETY LEVELS, INCREASED CLARITY IN THINKING AND PERCEPTION, IMPROVED PATIENCE, SELF ACCEPTANCE, INCREASED ATTENTION AND FOCUS, IMPROVED SLEEP, LOWERED STRESS LEVELS. I CAN'T STRESS THE BENEFITS OF MINDFULNESS ENOUGH, WITH A MORE IMPROVED COGNITIVE THINKING PROCESS AND THE ABILITY TO IMPROVE YOUR LIFE FOR THE BETTER, WHY WOULDN'T YOU DO IT?

STEP FIVE REFLECT AND RESPECT (TIME: 5 MINUTES)

REFLECT AND RESPECT IS ANOTHER WAY TO PRACTICE GRATITUDE, IN THE FAST PACE OF OUR DAILY LIVES WE FORGET HOW IMPORTANT IT IS TO TAKE A MOMENT TO APPRECIATE HOW FAR WE HAVE COME AS A PERSON FROM PERSONAL DEVELOPMENT AND HOW THANKFUL WE ARE FOR THE BAD AND GOOD EXPERIENCES WE HAVE HAD IN OUR LIFE. AN EXAMPLE OF HOW TO PRACTICE THIS CAN BE:

LIST 5 THINGS THAT YOU ARE GRATEFUL FOR.

FAMILY, FRIENDS, BUSINESS OPPORTUNITIES, EXPERIENCES THROUGH TRAVEL, BEING ALIVE.

YOU CAN CHANGE THEM SO THEY ARE MORE PERSONALISED TO YOUR VALUES.

LIST 5 GOOD OR BAD EXPERIENCES YOU HAVE HAD THAT HELPED YOU GROW AS A PERSON AND APPRECIATE WHAT YOU HAVE GAINED FROM IT.

WHEN REPEATING EACH ONE AT LEAST TWICE ACTUALLY CONNECT WITH YOUR FEELINGS AT THAT PRESENT MOMENT.

THE BENEFITS

HAVING MORE CLARITY ON WHY THINGS HAPPEN CAN HELP US TO LET GO OF NEGATIVE EMOTIONS THAT WE MAY STILL BE HOLDING ONTO FROM PAST EXPERIENCES AND HAVING THE ABILITY TO DROP NEGATIVE OR SELF SABOTAGING HABITS

(EMOTIONS = ENERGY IN MOTION).

SO THIS WILL HELP YOU STOP UNNECESSARY NEGATIVE EMOTIONS AND IN RETURN WILL HELP US TO CHANGE OUR ENERGY FROM NEGATIVE TO POSITIVE



STEP SIX
PLAN YOUR DAY
(TIME: 5-10 MINUTES)

PLANNING YOUR DAY IS ONE OF THE MOST IMPORTANT ROLES TOWARDS CREATING A LOW STRESS AND HAPPY LIFE.

PLANNING YOUR DAY IS SIMPLE, WRITE A SMALL LIST OF THINGS YOU NEED TO DO OR WANT TO ACHIEVE IN A TIMEFRAME IN THAT GIVEN DAY.

THE BENEFITS

HAVING A PLAN ON WHAT YOU NEED TO DO ON THE DAY AHEAD TO PROGRESS WILL CREATE FULFILMENT AS YOU ACHIEVE WHAT YOU NEED TO DO AND ALSO HELP YOU SEE HOW MUCH FREE TIME YOU HAVE WHICH YOU CAN USE TO RECHARGE YOURSELF OR GET BACK THE TIME YOU THOUGHT YOU DIDN'T HAVE.



**THIS IS A 6 STEP GUIDE TO IMPROVING NOT ONLY
YOUR DAY BUT YOUR LIFE.**

**I HOPE YOU ENJOY THE BENEFITS TO COME FROM THIS
EBOOK ON IMPROVING YOUR MORNING ROUTINE, MY
LIFE COMPLETELY CHANGED FOR THE BETTER WHEN I
STARTED USING THIS MORNING ROUTINE AND I AM
EXCITED TO SHARE THIS WITH YOU.**

**THIS IS A LIFESTYLE CHANGE AND NOT A QUICK FIX,
YOU MUST GENERALLY WANT TO BETTER YOURSELF TO
REAP THE FULL BENEFITS OF THIS GUIDE.**