LITTLE BONUS

MORNING ROUTINE

boost up

“HAVING A GOOD START TO THE DAY WHERE YOU HAVE GREATER CONTROL IS CRITICAL IN ACHIEVING BETTER RESULTS, AND ULTIMATELY GREATER CAREER SUCCESS.”

- Lynn Taylor

“As a little bonus, I am sharing with you Hal Elrod’s “Miracle morning” routine that sets you up for success!”

How you begin your morning often sets the tone for the rest of the day. Morning is also the most important part of the day because that is when we get the chance to start over. A new start, fresh from the night sleep. At this time, we still have both our conscious and subconscious layers of psyche working actively. Thus, things that we fear, despise or feel anxious about might become more obvious to us. For this reason, I have compiled six tools you can use in six minutes daily to eliminate these negative feelings and combat your insecurities.

Try doing these rituals every morning, and you will see your life change for the better:

MINUTE ONE - SILENCE

Silence will help you increase the awareness of your goals and priorities, as you will finally get the time to listen to yourself.
How often do you find yourself waking up in the morning tense, drained, apprehensive or irritated? You have to shut down the thoughts screaming in your head and see yourself waking up, happy and relaxed. What you need is Silence – which is not only the absence of sound. It means peace and tranquility of your mind. You might want to think about the things you are grateful for, pray, meditate, or breathe deeply.
So, calm down so that you are able to connect with your true self.

MINUTE TWO - AFFIRMATIONS

Affirmations are useful in persuading yourself to be the person you want to be.
Repeating positive statements encourages your brain to accept these affirmations as fact. They're especially effective when you use them to replace self-sabotaging negative thoughts.
Saying "I am strong" to your face over and over again will help you build up the confidence you lack as soon as you start to believe what you are saying.
Choose statements that resonate with who you are and say the words to transform you.
Here is a list of positive affirmations that you might find useful in your daily life:

- I am capable of overcoming negative thoughts.
- Today is the day to make a change.
- I have the qualities required for success.
- I will not give up.
- My body deserves to be cared for.
- The going may be tough, but it is only for a short time.
- I'm extremely thankful for the lessons I'll be learning today.
- I've decided to face this challenging problem with grace and optimism.
- I completely adore and accept my strong and healthy body.
- This is something I am capable of.
- I'm getting better every day compared to before.
- I will unconditionally love myself, and I am allowed to feel good about myself.
- I am forgiving, gentle with myself, and with my mistakes.
- I am surrounded by the right group that can bring the best version of me.
- I will get money, as I deserve a prosperous life.
- I am creative and also unlimited.
- I believe in myself.

MINUTE THREE - VISUALIZATION

Many of us live in the past and regret the choices we didn't make. Visualization is a creative tool about the future.
First choose a place in your home other than your bedroom and make sure you don't sit on the bed (Its function is to make you fall asleep). Close your eyes, take a deep breath, and start: Imagine the future you want to have. Visualize what you really want, what you need to be and what you need to do. Think of the things, people, and events you wish to see in it. Imagine it is going well and enjoyable. Try to sense and feel as many things as possible. Put yourself in the picture; see yourself doing and enjoying daily routines.
This practice will link your desired future with the reality of your present.

MINUTE FOUR - SCRIBING

Journaling each day, with a structured, strategic process allows you to direct your focus to what you did accomplish, what you're grateful for, and what you're committed to doing better tomorrow.
Get a journal, and choose a format — digital or traditional. If traditional, make sure you have a place to keep it safe, so that no one have direct access to it. The point of the journal is that it gives you space to be absolutely honest and vulnerable.

Then start writing! There are two effective journaling techniques:
1. Write automatically, without thinking into it, whatever comes to your mind. No filters, no restrictions.
2. Materialize and document your thoughts, breakthroughs, ideas and try to make sense of them. This technique also helps people realize what has been bothering them for a long time.

MINUTE FIVE - READ

Reading is the practice of self-discipline and a workout for your brain.
Reading leads to accelerated wisdom. It should always have a purpose other than just reading. Before starting to work on a new book, try to anticipate what you expect to gain from it. It would help if you chose the books you want to read instead of the books you are supposed to read.
During this minute, read a passage or two from a book or an article. Try to think about how it relates to your new day and how you can use it today.

MINUTE SIX - EXERCISE

Finally, stand up and exercise for 60 seconds. You can do any quick cardio workout such as jumping jacks, burpees, mountain climbers or simply some push-ups or abs. You need to get your heart rate up to generate energy. We tend to believe that the less we move, the more energy we save. This is wrong. Using your power to exercise even for just 1 minute will have your blood rush through your body filling your cells with oxygen. Your energy levels rise significantly and, having more strength; you will feel more confident about yourself.

6 minutes! That's all I'm asking you to do!

6 minutes may seem not enough to transform your life. Nonetheless, they are a more powerful than you can imagine. Not only will you manage to do a little of each activity, but you also develop your physical, mental, spiritual aspects of life.
Trust me, I have adopted this routine myself, and I have seen a big difference.
So I am challenging you!!
6 minutes, every single morning, for 30 days.
You can drop me an email or a DM on Instagram when you start to let me know how it's going!
PS: Don't postpone! Tomorrow is your day 1!

Note that you can personalize these six daily practices to fit your lifestyle, you can even use more time for each practice if you feel the need to do so and if it helps you.

ARE YOU READY?
LET'S DO THIS!