

THE Mediterranean DIET

30-DAY CHALLENGE

THE WINNER'S MORNING ROUTINE GUIDE



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Before beginning this or any other nutritional or exercise regimen, consult your physician to ensure it is appropriate for you.

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The Mediterranean Diet 30-Day Challenge

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“Morning is when the wick is lit. A flame ignited, the day delighted with heat and light, we start the fight for something more than before.”

~ Jeb Dickerson



Introduction

How did you wake up this morning?

- Did you have a snooze session?
- Did you curl up and moan?
- Did you jump out of bed singing a song?

I wrote this book as a quick-start guide to kick your morning into gear, to get you moving, regardless of when you wake up in the morning.

This book is for the person who feels like they are too busy to have a morning routine. I challenge you to tell me how you don't have six minutes in the morning to get moving. That's all it takes to get started.

In this book you will find the method, the tools and guidance you need to make the most of your morning. It's a quick read and won't take up a lot of your time.

Changing my morning has been the best change I've made this decade. You can do the same. I wish you the best of luck in your journey.

Do this while you read.

This book is broken into several sections to help you redesign your morning physically, mentally and spiritually. I want to share a few tips about how you can make the most of this guide:

Read it fast

The primary focus of this book is to introduce you to the overall concepts, not to dive into a lot of details that distract you. Go through the book and extract what you need to get moving.

Each section contains a recap. If you want to move through the contents really fast, you can take a look at the recap section first. Then, go back and read the details of the parts you need.

Do your own thinking

Don't read everything written here as the only truth. Ideas are meant to be challenged and refined. Do your own thinking and make it work for you.


Take the 10 day challenge

Give yourself 10 days to try something new and take on a new challenge. Reading the book alone is not enough to get you going. You actually have to DO something as well.

Just 10 days - give it a try and see how it works for you.

Share it

Share this book with your 'accountability' partner. It will certainly increase the likelihood of you following up on your 10-day challenge. Tell them what your morning routine plan is. Give them a copy of what you intend to do. Allow them to follow up with you.



**“How you
start your
day is how
you start
your life”**

~ Drew Canole



Why mornings

Success coaches and motivational leaders all talk about the importance of discipline and routines. They especially talk about the importance of the morning.

“The early bird catches...” I think you know the rest of that statement.

You have more willpower in the morning

Think about the act of actually getting yourself out of a warm, cocoon-like bed in the morning. It takes a lot of willpower to jump out of bed and get moving.

Mornings can set the tone for the entire day.

Have you ever had one of those mornings that turns into one of those days? It probably started in the morning at some point and cascaded into the rest of your day.

Having a morning routine that will get you energized and build momentum, will make it so much easier to handle all the turbulent times that comes your way throughout the day.

Mornings have fewer distractions

While most people are dreaming away in the morning, you could be getting a ton of things done that will accelerate your personal development and growth. I like taking on creative tasks in the morning because there are fewer distractions. I am able to get through my morning routine and focus on the 20 percent that will bring 80 percent of the results in my day. I leave the afternoon for administrative tasks and random doodling around.

Waking up early gives you more time to plan and anticipate

A few extra minutes or a few hours in the morning can make a huge difference in preparing for your day. Rather than rushing out the door in the morning you could be sipping a nice cup of tea or coffee and listening to an empowering podcast. You can prioritize and affirm what you will be and do today. Mornings give you time to visualize what will come later and give you the space to anticipate how you will get more from the experiences.

One thought that might emerge: can't I do this at night? Yes. You can create a routine at night. Although many people will want to do something like this in the morning in order to set the tone for the rest of their day, there may be some night owls that want to have a routine too. You can definitely create a routine that will help you plan and anticipate your night time ritual.





Recap

Let's recap the 4 reasons:

1. You will have more power in the morning
2. Morning set the tone for the rest of your day
3. Mornings have less distractions
4. Mornings give you more time to plan and anticipate

Got it? Let's move on.

**“Life
begins
each
morning”**

~ Joel Olsteen





Morning Triad

After establishing a compelling 'why' for having a good morning routine, the next natural question is – how do I go about creating one? You could copy the morning routine of someone you respect. And it might work for a while. However, we want to create something that is strong enough to give you structure, yet flexible enough to let you adapt your routine as your life and circumstances change.

You need a framework. A good morning routine has several components that are commonly found across the board. Hal Elrod, author of *Miracle Morning*, divides his mornings into 6 different parts.

We are going to make things even simpler. This section reveals the framework for building your morning routine.

There are three core components that you should have in each routine: MOVE /THINK / SPEAK

MOVE

'Doing' is about making a radical change in your physical body. After having a rejuvenating rest your body needs to be stimulated. Think of it like warming up an engine. The more radical the change, the more stimulation your body gets. All of this cascades into THINK and SAY.

THINK

Thinking is the act of reflecting, asking questions and considering answers, and expressing thoughts. Not many people think in the morning. We wake up, brush our teeth, get dressed, yadda yadda.


However, our goal is for you to build on a stack of habits that become an automatic routine for you - and some of these habits have to charge your brain pattern a little bit as well. Physical stimulation and mental stimulation. We'll get into examples later.

SPEAK

Speech is one of the unique qualities that distinguish human beings from other animals.

God spoke the world into existence. We speak our own reality.

Imagine how many times you've said, "that sucks" and it turned out to be true. What we say to ourselves has an impact on our attitude and way of being. Our aim is to fill up your morning with some speech patterns that set a tone of positive vibration and reinforce your purpose, passions and persistence.

A close-up photograph of a person's hand, wearing a white long-sleeved shirt, reaching towards a black alarm clock. The clock has a white face with black numbers and hands. The background is a blurred white surface, likely a bed or a desk. The entire scene is framed by a thin black border.

“If you really think about it, hitting the snooze button in the morning doesn’t even make sense. It’s like saying, I hate getting up in the morning - so I do it over... and over... and over again.”

~Demetrius Martin



Sleep: What you need to know

How important is sleep when it comes to waking up with energy? While there are many factors that might affect how you wake up, the number of hours you sleep is not the primary reason.

Maybe that last tequila shot did you in.

Or the cliffhanger from Grey's anatomy kept you wondering how things will end.

Or you are a night owl and stay up late.

I used to believe that sleep or lack of sleep was the real reason for me not wanting to get out of bed in the morning. It made sense. After doing some research on morning routines I came to an understanding that the amount of sleep we have is not what keeps us in bed. It's the anticipation of, and level of motivation for, the day ahead.

Anticipation

Imagine the first day of a new job. The anticipation, excitement, newness and overall motivation, just to be there, is massive. Your energy is high.

You've told all your friends about the new role and how it is going to help you grow. You were up late laying out your outfit like it was the first day of school.

Morning comes. You immediately jump out of bed and do your thing. Sleep was not a factor. It may hit you around 2:00 PM when you want to take a nap after lunch, but it had no impact on your ability to get out of bed.

Motivation

The phone rings in the middle of the night and you answer. The person tells you some news. Your jump out of bed immediately with no hesitation, blood pressure up, eyes wide open. Whatever they told you on the line triggered you to react.

When I worked in student development these calls would come around 3:00 AM and I had to move fast.

Again, sleep was not a factor.

When it comes to preparing yourself to wake up in the morning, it really begins in your mind. I want to share a few steps for preparing yourself the night before.



How to wake up each morning like it's your birthday

Step 1. Affirm that you have everything you need.

You can say something like:

"I'm so glad I am able to get four hours of sleep tonight. Four hours is exactly the amount of sleep that I need to feel recharged, refreshed and ready to go tomorrow. I have everything I need to succeed already. My body can do extraordinary things, including generating an abundance of energy from four hours of sleep. I am going to wake up tomorrow feeling excited to get from the day. For that I am thankful!"

By verbally expressing your expectation you are setting your tone for the next night.

Tip: If you're feeling fancy with it you can also record yourself saying the affirmation so that you can listen to it while you sleep. Add some statements from step two and you will have an awesome, tailored affirmation audio program for your subconscious mind to receive.

Step 2. Plant a seed of gratitude.

Our first thought in the morning is usually what we thought about before we went to sleep. If we fall asleep thinking, "I'm only going to get three hours and have to make that half hour commute to the office," you can guess what kind of energy that is sending out.

Try thinking about one thing that you can be thankful for before you go to sleep. Your beautiful family. Your wonderful plants. The ability to see, hear, touch, taste, smell, etc. Anything! The seed you plant before you sleep will grow overnight and be with you when you wake up. Make it like the first day of school, the first day of work, or better yet - like a kid on Christmas morning.

Tip: If you are not feeling like recording your own voice, try Louise Hay's Self-Love guided meditation.

Step 3. Move your alarm out of arms reach.

This is common advice given for training yourself to become an early riser. When your alarm clock is within arms reach it will be easier to snooze and lose. Don't make it an option. Move the alarm to increase your chances of jumping out of bed and getting going.

It may be worthwhile to buy a traditional alarm clock as well. Lifehacker.com published an interesting piece on this - [Avoid Morning Time Wasters by Switching to a Traditional Alarm Clock](#).

A Note about Sleep Time

It is not recommended to have too many nights in a row with only 4 hours of sleep. You could use these techniques to wake up with energy, but eventually your body will need sleep. Although you might be mentally alert, your body can get physically tired. Please keep this in mind when planning your sleep time.





Recap

Let's recap what we covered in this section:

The amount of sleep you have has no impact on how you wake up.

Anticipation and Motivation are the two factors for waking up energized.

Three steps for getting your sleep in tune:

1. Affirm that you have everything you need.
2. Plant a seed of gratitude.
3. Move your alarm out of arm's reach.



“That’s been one of my mantras - focus and simplicity. Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it’s worth it in the end because once you get there, you can move mountains.”

~Steve Jobs



Morning Routine Design

I cannot emphasize enough how important preparation is to making this routine a success. Preparing will help you avoid fumbling when you attempt your first routine. I realize that some people will prefer to see how it goes and adjust accordingly. If that is your case then take these as principles to keep in mind.

8 Strategies to Design Your Morning Routine

Strategy 1. Be aware of your surroundings (location and setup)

Most likely this will be your bedroom. It could also be the living room, bathroom, outside, etc. Consider where you can go. If you have roommates you may want to take into consideration that they could be sleeping when you begin. I start my day by taking a walk outside.

The key thing to remember is that you want to create a seamless flow that allows you to move from one action to the next. Any disruption or delay is a risk that could derail the process.

We want to make it as easy as possible. Here are a two ideas for you to brainstorm a list of what is around you.

In the morning @ 5:30 am at home

At the office after lunch

Strategy 2. Do one routine at a time

The goal is to build your morning routine as solid and seamless as possible. The concepts explained here can be applied to other times and situations in your life. We are focusing on one: your routine for getting up.

Trying to focus on too many things at one time will dilute your attention, and either extend the amount of time needed to set a habit or become too inconsistent to maintain the discipline.

Strategy 3. Start Micro

I am a fan of making micro-commitments. These are commitments so small that they would be nearly impossible to NOT complete. When it comes to habit construction and deconstruction we need to start with smaller behavioral changes. This helps build momentum for some bigger changes.

Some say you have to go all or nothing, and it may be true for some things, but starting small gives you instant results. I would argue that all or nothing is a 50/50 shot.

Micro commitments are more like an 80/20 shot. It is much more likely that you will follow through.

Start with actions that take you less than 3 minutes to complete. Look at the morning routine framework. The categories are somewhat broad and you can fill them with variations of activities. I recommend starting with 1-3 minutes each. The whole point is to build a habit of completing a routine. After you are in the habit of completing a routine, it will become much easier to create another one.

Remember to forgive yourself when you fail. Nothing is perfect. There will be days where something throws you off and you might forget.

Don't wallow in the negativity and beat yourself up over the past. Keep moving forward and continue.

Strategy 4. Make a checklist

This is a great way to set up your morning routine in the order that you will try first. Make this list visible somewhere so you can track your completion daily. A simple method is to erase the checklist daily before going to bed and then check things off as you do them in the morning.

If you are a digital person and want to track your progress on your phone. I suggest using a program like 'evernote' or 'remember the milk' to keep your list handy while you work.

I use the stopwatch and timer on my phone all the time so I can easily check off my routine as I complete things. I also have a list of things to do, written on my mirror. It's hard to miss it in the morning and it serves as a great reminder for when I start my day.

Strategy 5. Have a reason why

I could give you a million reasons why I do my morning routine. Why do you do yours? Without a 'why' there is no point. Not enough 'whys' and you will quickly find yourself back with Mr. Snuggles after 3 days of 'trying' something new. Make a list of your reasons why. This is the time to think BIG. What will having a solid morning routine achieve? A positive day at work? A good exercise routine? Healthy eating? You decide.

You can even state your reasons 'why' on Facebook and build a little accountability for yourself. The pressure will be on.

Additionally, have a reason 'why' for each new behavior that you introduce into your routine.

Strategy 6. Be Accountable

The desire to stay the same will be stronger than your desire to change. I won't lie. It is going to be like drinking Noni Juice without any additional flavoring (Hawaii reference). We could all use a little help to keep ourselves moving. An accountability partner or group is a good way to do this. Posting your progress on social media is another way to do this. Make it public.

This assumes you have followers who pay attention to you.

Many people have recommended the 'LiftApp'. It is a coaching app designed to keep you motivated around your goals. I've never used it personally, but it is worth a try. I leave it here for your reference.

Strategy 7. Setup small rewards

How will you reward your success in completing your micro commitments?

Set yourself up with some things you enjoy doing, to celebrating your progress along the way. It could be a date night, a movie, some ice cream, a slice of carrot cake - whatever you like. This morning routine is more than just a dry training exercise. This is your life and you need to celebrate your achievements.

Strategy 8. Focus on repetition.

The whole point of having a short morning routine is to make it easy to do everyday. If you don't choose to do all six activities, that is okay. Just remember to repeat something everyday. Discipline is what gets you there, habit carries you the rest of the way. Hold your discipline long enough for a habit to form.



Recap

Let's recap those eight strategies in case you forgot.

- Be aware of your surroundings
- Do one routine at a time
- Start Micro
- Make a checklist
- Have a reason why
- Be accountable
- Set up small rewards
- Focus on repetition

“I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day.”

~E. B. White





Let's Get Practical: Stuff You Can Actually Do

We've covered a lot of concepts and strategies so far. Now I would like to give you some activities that can be integrated into your morning routine. These are quick exercises and don't take very long to do. Remember we want to cover the morning triad to make our momentum building and preparation complete.

MOVE/THINK/SPEAK

10 Ways to MOVE in the Morning

Wall Sit

A wall sit is a stationary workout for your thighs. After I complete a wall sit my legs feel warm and my body is ready to keep moving. One minute will be easy for those in shape. If it's a challenge, start with less and work your way up.

How to Video: <http://www.wikihow.com/Do-Wall-Sits>

Yoga downward dog

Probably the first yoga position taught and with good reason! It is fairly easy to do. It gets your upper body activated. And you can start with one minute and see how you feel after 10 days.

How to Video: <https://youtu.be/rbJaj0Aqw5k>

Jumping Jacks

The exact same exercise you probably did for P.E. Class in school can be a great way to get your body moving in the morning. No preparation is needed to do this. All you have to do is stand up and start doing them. To challenge yourself, get progressively faster for two minutes. How fast can you go?

How to Video: https://youtu.be/dmYwZH_BNd0

Run in Place

This exercise only requires that you have space to stand. All you have to do is start imitating that you are running. Just don't run into anything. If you feel the need to move, run around your room or apartment. Want more challenge? Run with high knees or try to kick your butt.

You can also try the same challenge as jumping jacks: get progressively faster over the two minutes and see how fast you can move. Don't forget to drink some water after you finish.



Drink Water

After a night of sleeping our body is slightly dehydrated. We need to be sure to add water to our system to keep the blood flowing and hydrated.

Some sources say drinking 1.5L in the morning is best. I can't do this in one sitting. For this article, I recommend starting with one glass of water. That can be enough to get you going.

Tip: I drink a little noni juice in the morning before I eat my breakfast.

Walk around

This is another activity that might take more than a minute to complete. Going for a walk is a low impact physical exercise. You can even combine this habit with some of the others actions in this list. Use the power of "Habit Stacking" as SJ Scott would call it to build a routine during your walk.

Dance

I don't care if you can't dance. This is your chance to move when no one is watching. Do it in the dark if you need to. Turn on that Michael Jackson song and start moving. In less than two minutes you'll be halfway through the song and can feel the energy. Keep going if you have time.

Tip: make sure the song you choose is an upbeat one.

Like this dance: <https://youtu.be/8NjbGr2nk2c>

Breathing Pattern

Focusing on your breath for one minute moves oxygen throughout your body. Using a breathing pattern can help kick your neurotransmitters into high gear. Tony Robbins and other high achievers do this in the morning. Give it a try.

Variation 1

Breath in through your nose for 4 breaths, then out through your mouth for 4 exhales. Do this for about 30 rounds.

Variation 2

Tony Robbins pattern: 1-4-2. The numbers represent a pattern for breathing. Let's imagine that you first inhale for one second. The next number in the pattern is a four. You would hold your breath for four seconds. The last number in the pattern is a two. This means you would exhale for two seconds. This ratio works for different lengths of time. Another example:

Inhale = 2 seconds

Hold breath = 8 seconds (2 seconds times 4)

Exhale = 4 seconds (2 seconds times 2)

Stretch

Stretching gets your muscles warmed up and extended. After a night of curling up it is a good way to reactivate your body. This activity overlaps with doing the downward dog. You can add a few more yoga poses if it works for you. There are tons of resources online that can help you get stretched and ready to take on the morning.

Assume a Power Pose

Amy Cuddy took a stand on the TED talk stage, literally, when she introduced the idea that taking certain poses could dramatically impact our mood, confidence and emotions. If you haven't done so yet, go check out her talk on body language and power posing. Your body pose shapes who you are.

One of my favorite power poses is the super hero pose. As soon as I jump out of bed in the morning I take the superman pose for about 1-2 minutes. Looking across the sky envisioning that I am going to take on the world and save lives today. Yes I am! Yes I do!

30 second introduction to power poses: <https://youtu.be/C4ACeogEjeA>



Smile

In 1989, Dr. Robert Zanjoc published findings that demonstrated the effects of facial expressions being performed in front of a mirror. The participants indicated that their mood was good after making an “e” sound in front of a mirror for two minutes as opposed to a “u” sound.

Smile in front of a mirror for two minutes and make vowel sound like eee or weee or woo or whatever. As long as it is something that is an upward vibration. Simply smiling will have a good effect, but adding a vibration gets the whole body resonating with that facial expression. Give it a try.

Good song for smiling: <https://youtu.be/iRZrN1IXexA>

Massage your Face

In the same way that smiling can impact our mood, massaging your face can get you feeling energized and ready to take on the world. Rather than walking around with a sleepy face, you could manually massage the muscles in your face and get them warmed up before you smile or do any speaking exercise.

Rub under and above your eyelids.

Massaging your jaw

This exercise is a good one to do before you even jump out of bed.

You’ll notice the difference.

Eat a light breakfast

I used to try and cook a full, belly filling breakfast for myself. That didn’t work well for two reasons:

1. Took too much time to prepare and I missed so many times.
2. I felt tired after eating a big breakfast.

Having a light breakfast is faster and should be just enough to get the metabolism moving.

Truth: it might take a little more than a minute to do this, but I’m putting it in here anyway.

5 Ways to THINK in the Morning

Gratitude Journal

Take a minute to write a few things that you are grateful for in the morning. This helps getting it out of your head and onto paper. After a while you will have a book full of gratitude that you can look to for inspiration and motivation. I highly recommend that solopreneurs do something like this. The solo business world can be overwhelming and depressing at times. It is good to inject habits that help drive inspiration and motivation.

Free writing

Free writing will allow you to put your thoughts on paper, no matter what they are. Grab a journal or notebook that you can quickly access in the morning. Then begin writing as much as you want, whatever you want. There is no structure or code of how to write. It might be a good idea to set a word count to restrain yourself. I usually commit to writing 500 words in the morning or fill up one page in my journal. What ever you want to do is up to you. You are free to do whatever you wish.

Meditation

Meditation is not a mystical practice. You don't need to worry about levitating your body or losing yourself in meditation (unless that is what you want). Meditation involves getting into the right body position and getting your mind focused on nothing or one thing only. A good way to start meditation is to have one singular thing to focus on. This way you will become aware when your thoughts drift to other things.

Some things that you could focus on:

A dot on the wall.

Light a candle and look at the flame.

Count your breaths up to nine and start over. This practice came from studying ninjutsu, the art of the ninja. Counting your breath from one to nine and starting over ensures that your focus stays where it should. How many cycles can you do? You may find that you drift off and count up to 20-something. Don't get angry with yourself, just accept what has happened and start again.

Prayer

Prayer is acknowledging and listening to God. Now I know that not everyone reading this believes in God. Prayer may not be a practice that everyone takes on. I offer it for those who do pray.

I'm not going to tell you exactly how to pray. This is a personal act. However, I do have some tips to consider as you pray. These are things that I do when I pray:

1. Start with gratitude.
2. Acknowledge that you are powerful and resourceful. Everything you need is already supplied.
3. Ask for wisdom and guidance to empower yourself and others with words, actions and thoughts throughout the day.

Give it a shot.



Visualization

Visualization is a topic taken on by many different psychological fields. I could write a whole book on how to visualize. We won't be able to go into the specifics in this book.

What you can do is to start simple. Don't make visualization too complicated. Here are some tips to guide you:

1. Picture yourself in the moment of your ideal situation.
2. See what you are doing, your facial expressions, where you are.
3. Listen to what sounds are around you and what you are saying. What are other people saying?
4. Visualize the smells and how things feel as you touch and taste.

The more specific and detailed your visualization is, the more powerful it is. Our mind does not distinguish between imagination and reality. It will believe only what you tell it. If you'd like to learn more about this topic, I encourage you to reach out to an NLP practitioner (Neuro-linguistic Programming, Eriksonian hypnotist, or anyone with expertise in cognitive-behavioral therapies).

4 Ways to SPEAK in the Morning

Gratitude out loud

When I take my morning walk, I like to give gratitude for things that I am grateful for. When I am in the act of giving gratitude, something interesting happens. All the other negative thoughts and feelings that may have existed, temporarily disappear. When I work with coaching clients I like to disrupt spiraling thinking by asking, what could be a good thing about this situation or circumstance.

Affirmation

You may hear varying opinions about affirmations. You may believe that it is some nonsense that makes you sound like a crazy person. Your friends may agree with you. I want to challenge you to hold your judgment until you have given it a fair shot.

The reason why I ask for this is that many opinions about affirmations stem from

improper application of the tool. Affirmation, when used correctly, can actually do some amazing things for our mindset and focus. They are reminders of who we are as we are becoming. That may be a little confusing. Let me explain.

In the words of Earl Nightingale, “we become what we think about” most of the time. We become what we focus on the most. This theory has been presented in many different places and contexts. There certainly has merit that may be true and worth considering. Our thoughts guide who we ultimately become. If this is true than we can use our words to help guide our thoughts and focus.

How to create an affirmation that works:

1. Write your affirmations in present tense as though they are happening right now. For example, “I am so glad that I get to share wisdom with audiences each day and instill a sense of confidence and security.”
2. Avoid negative language. This means not including words like 'not', 'won't', etc. Also avoid using words that imply a lack. 'I want...' is not part of your affirmation.
3. Keep them personal. Affirmations are for you, your actions, your feelings, your manifestations. Adding what others will be or do is a waste of time. Focus on YOU here.
4. Keep them powerful. Make them short, concise statements that you can command into existence. It might feel a little crazy at first, but it works. Trust me.

Incantations

Incantations are like affirmations, but shorter and more powerful. The definition of incantations might suggest magical spells or sounds used in pagan rituals. I am not endorsing that you get into magic spells or rituals. What I do mean is you can create short phrases that are repeated over a period of time. I also recommend combining them with a physical activity to really connect those neurons and ingrain them.

Tony Robbins uses incantations in his morning routine. In his story he talks about the time that he ran twelve miles home saying, “I’m getting better and stronger each and every day in each and every way!”

Don’t hold me to the exact wording. What would your incantation look like and sound like?

Positive Song

I modified and tweaked my morning routine to fit with my personality and style, I've found that creating a song is very helpful. I've taken the affirmations and incantations learned previously and made a song version for me to move and sing to. Let me give you an example.

Sing this on a four count:

It's a beautiful day

And it's going my way

Everything's alright

Cause I got my sight

Of course I've made it better over time. You get the idea.



Recap

MOVE	THINK	SPEAK
Wall Sit		
Downward dog		
Jumping Jacks		
Run in Place	Gratitude Journal	Gratitude out loud
Drink Water	Free Writing	Affirmations
Walk around	Meditation	Incantations
Dance	Prayer	Positive Song
Breathing Pattern		
Power Pose		
Smile		



Example: A morning routine that only takes six minutes

You might be wondering how to put this all together. So I'm including a quick example of how to create a morning routine that would only take six minutes to complete. So there really is no excuse for not having enough time.

Minute 0

The night before I follow the three steps previously mentioned - set an expectation and create anticipation for the morning and decide what time I wake up.

5 hours is the right amount of sleep time I need to wake up feeling energized and ready to take on the day tomorrow.

Minute 1

Jump out of bed and take the super man pose.

Breathe Deep

Minute 2

Do a wall sit against the door sill.

Breathe deep

Minute 3 - 4

Walk to my desk and write in my journal. Free flow writing style.

Minute 5

Walk to my kitchen.

Inhale four breaths. Exhale four breaths. 20 cycles

One cycle will take 8 seconds. Start by inhaling four short breaths, one second each. Then you will do the reverse. Exhale four short breaths, one second each. For example: in, in, in, in, out, out, out, out.

Do this 20 times.

Minute 6

Speaking - Lord I am so grateful to be awake and alive this morning. I am a clear vessel, not empty. Ready to use my talents and strengths to do what needs to be done today that brings about your will on this earth. Lead me and guide me today. Thank you so

much for being with me and enabling me to have purpose.

I am so grateful for....

Three things about myself

Three things around me

Three moments in my life

Three visions of who I am

Action - pouring a small glass of Noni Juice and preparing oatmeal.

Done!

There it is! One example of the morning routine in action. Notice that I don't exactly separate the actions in the framework. Many of the actions and exercises can overlap with each other.

In the first six minutes of my morning I am able to get myself moving and ready to take on the day.

Exciting right?



Conclusion

Give yourself a pat on the back for making it this far. You have gone through the entire guide and now have all the information you need to get going with your morning routine.

We discussed the two factors that determine if you will wake up energized or enervated: anticipation and motivation. You also learned the three component framework for designing an amazing morning routine. Those three things are moving, thinking and speaking.

Throughout the rest of this guide you were given some excellent strategies and tactics that you can implement almost immediately. You now even have a sample routine that you could follow and complete in six minutes.

Take the 10-day challenge

Of course, nothing will change unless you do something.

Now it is time to take some action.

I challenge you to give it a try for 10 days. 10 days is not long. It will give you a taste of what is possible.

The whole point of this book is to get you going. After 10 days I am convinced that you will feel the difference. You will probably want to know and do more.

Be Flexible

You can double, triple or quadruple your morning routine. Your 6-minute routine could expand into a 30 or 60-minute routine with the right design.

Don't try to separate the three part framework. Many of the actions that you put into your routine will have some overlap. This is normal. Just add the things that you feel comfortable setting up and doing. Try new ones for a few days and see how they feel. You can also start creating your own.

Keep the morning framework as your reference and start expanding what you do. And please do share your discoveries and findings with me. I want to hear about it.