

### **Your why – and your morning routine**

Success is a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day.

— Jim Rohn

Waking in the morning can go two ways: popping out of bed with the vigor of life and excitement for the day and, hitting snooze repeatedly not wanting to move. Which one sounds more attractive to you?

The secret to waking up with vigor, with a day ahead of you – wanting to be present and excited for life, starts the night before.

Setting a healthy sleep hygiene routine is important and paramount to productivity the next day. As mentioned before in the program: 7-8 hours of sleep are really the gold standard for adults. If you are younger and doing this program, you can refer to number of hours of sleep for your age category. The averages provided popularly in the media and in research are usually average or a good place to start, some people may need an hour more but rarely does anyone function on any less.

Recommendations for sleep hygiene in this program are suggested but not limited to:

- 1) Set a time to sleep every night around the same time. Yes, this will be disrupted by children, spouse or if you decide to go out late one night, but the more routine your bedtime is, the easier it becomes to sleep for the hours required and for optimal productivity the next day.
- 2) Do not drink caffeine or take supplements after 3 pm. Your metabolism starts to slow down after this time, and it will become difficult to sleep if you are trying to digest supplements later in the day. Not to mention, they usually do not absorb very well. This is of course outside of supplements you should take for slower metabolism including calcium magnesium or anything your alternative care practitioner has prescribed.
- 3) Do not watch TV for at least an hour before sleeping, remove your TV from your bedroom if you have to!
- 4) Reading is great, but put the book down when it is time to sleep.
- 5) Try not to eat or snack in that last couple of hours before sleep.
- 6) Sleep in a cool and dark room.

- 7) Try not to keep your devices in the bedroom.
- 8) Try not to drink alcohol right before you sleep.
- 9) Stop consuming beverages or water/teas for at least 1 hour before bedtime.
- 10) Try not to nap during the day – if you must nap, then nap for only 20 minutes and before 3 pm.
- 11) Do not participate in strenuous activity before bedtime, slow aerobic activity is okay (for example, walking or yoga).

During this program, filling your productivity planner to plan the next day can be included as part of your bedtime routine. In reviewing your day in advance, you can map out what that day could like in activity.

There is a notes section below each day, here you should add your spiritual practice items. This allows you to track that you are doing them and also allows you to read what they say out loud to yourself. Here we recommend that you add affirmations before you go to sleep. The affirmations are meant to set yourself up for success the next day.

Here are some sample bedtime affirmations:

- What I have done today is enough
- I give myself permission to have a restful sleep and wake with excitement and energy tomorrow
- I am worthy of love and look forward to receiving that love tomorrow
- I will be productive tomorrow and am so excited to see what tomorrow holds for me
- I release today and forgive it all
- I embrace my dreams
- I am in harmony with the universe
- I welcome abundance to my life tomorrow in all forms

I, personally, really enjoy Dr. Wayne Dyer's perspectives and [this is a video](#) to listen to as well. It covers some affirmations before sleep.

For added relaxation and effectiveness: hold your index finger touching and pressing into your thumb while lying on your back to get the full effects of relaxation before you sleep. There are pressure points there that result in your body relaxing. Your body is also conditioned over time to respond to this feeling with peace and relaxation. Over years, I have been able to use this to calm myself in stressful

situations. Combined with deep breathing – it is an effective method to slow down your heart rate, racing thoughts and flight or flight response to stressful situations.

### **Morning Routine**

In the morning, there should be a set time you wake. Even when you have disrupted sleep, your wake time should remain the same. Again, if you have small children or babies in the house, this will have to be adjusted as time passes and you can reach out directly to me and my team to get expert advice on your situation.

When the alarm rings, it is important to consistently get up at that time. Today with the advent of technology, we can choose softer rings and light lamps that turn on gradually to mimic a rising sun. It is important to ensure when you wake, that you are stirred from your sleep in an effective manner that works for you.

To avoid lying in bed, falling back asleep or pressing snooze several times – use the 5 second rule. The method as described by author Mel Robbins – in her book, the 5 second rule – really works well here. She described herself like a rocket about to launch out of bed when she wakes up in the morning. She talks at length about her battle with waking up in the morning and makes it so easy to do – anyone can do it. She literally started by counting down – 5-4-3-2-1 to get out of bed. The entire concept was revolutionary to her life and I have conducted my own social experiment with my children – and it works! This is one strategy for getting up, and is a good one because it forces you out of the bed right away.

Now, let's talk about the importance of waking and feeling energetic. If you can convince yourself you have energy when you wake up, you will. It is literally all in the mind, although we often intellectualize it making excuses for why our sleep was not restful. Ideally, your nighttime routine will lead you here, but in the morning it is literally your past and your perspective will evolve as time passes and you continue to push yourself out of bed right away. You will also start to realize: it is a whole new day, with new opportunities and a world in front of you. You can even say this to yourself as you brush your teeth!

When you wake, and pop out of bed, the next ideal step is to practice a short mindfulness routine, this can be showering right away in silence, or completing a quick 2-5-minute meditation. You should decide what works for you. For meditations for the day please visit my members only meditations and search for morning meditations. You can also access [this meditation](#) to start. Mindfulness activities can be anything that has become automated to you. Showering or getting ready, sitting and meditating, reading affirmations from a book in the morning, watering your plants.

Following the mindfulness/meditation time it is helpful to write your goals in your productivity planner (if you haven't already) and practice gratitude. This can be in your mind if you are short on time or right in your planner – 2-3 things you are grateful for in the moment. It sets the tone for the day and it really helps to get your endorphins going. Practicing gratitude has physiological side effects that are magnificent on your mind body and soul.

### **Gratitude Practice**

What are you grateful for today?

For some it is a profound question that requires a lot of inquiry. But for now, let's look at it like it is easy to determine. Even things like – coffee in the morning, a roof over your head, your health, your ability to do simple things, the fact that you are loved, that you have a job or business. You can be grateful for a magnitude of new things everyday.

Gratitude has been proven to scientifically improve mood, relationships, physical health. It is a gateway to overall health in so many ways. This happens because at a very literal level, it makes you feel good. That good feeling, carries into the world that you create yourself when you are grateful for the people and things around you. If we re-visit the conversation about letting go in this module – you will see quickly that the feelings of pain, resentment and emotional strife would evaporate with the feeling of gratitude in learning the lesson and letting it go. They can almost be seen as opposites. Gratitude opens up your heart centre so you can see your meaning more clearly, it makes your relationships stronger because you will treat those people around you with a deeper sense of love and respect. Gratitude makes you realize everything you have as an individual and improve your meaning of life and experience.

Gratitude also forces you to see each situation in a positive light even the experiences that are not so great. Over 21 years ago, I lost my father to a horrendous battle with cancer. Until this day, the level of pain I witnessed was traumatizing and a memory I really wish I did not have, for a long time. But I have been able to let it go, to better understand myself and feel gratitude that I witnessed it because it has taught me a level of empathy and care that brings me to my true calling: being able to help others no matter their situation. I also have a clearer understanding of physical, mental, and emotional pain so I can help others release that pain. I do not believe I would have been able to do this without my experience.

### **How do you practice gratitude?**

Add it to one of your Pomodoro's to start? Share a pomodoro with gratitude practice and updating your planner daily in the morning. At this point, let's practice it at least 5 days a week until the end of the program.