

### IF YOU CAN CONTROL YOUR MORNING, YOU CAN CONTROL YOUR DAY.

Success goes beyond your work life. Every minor and major goal accomplished is included in your overall life success and the more you experience wins, the easier it becomes to win more. If you begin to be more mindful about your activities at the top of your day, you increase your chances of remaining mindful throughout your day. Spending your mornings wisely has a huge payback and will ignite positive changes in your lifestyle if you commit.

What are you waiting for? You have nothing to lose and everything to gain.

### SUCCESSFUL MORNING TIP #1 Inspirational Reading

Reading has so many benefits. Aside from the knowledge you will gain, it also reduces stress, increases tranquility, and can improve your memory. By choosing to read material that you find inspirational, it sets your mind and heart to a calm and positive space automatically. Make time to read a few pages before you get your day started. Bonus: Reading is great for reducing stress at any time of day. It's one of my go-to activities when I need to relax my mind from thoughts and activities.

## SUCCESSFUL MORNING TIP #2 Meditation

Meditation is a game changer. There are many recommended ways to meditate. Some people prefer guided meditations, some people meditate to mantras, and some people just sit and observe their mind for a few moments.

Guided Meditation Suggestions: Headspace Meditation App, Calm App, and YouTube (search for what you would like to focus on i.e. "peace meditation")

#### SUCCESSFUL MORNING TIP #3 Exercise

Exercising in the morning gives you a major accomplishment before getting into your work day. Who doesn't love going to work already feeling like a winner? You don't have to go to the gym, you can work out from home. (No excuses!) Pick two exercises to start with and build from there if you enjoy the benefits you receive.

Morning Exercise Suggestions: Squats, Jumping Jacks, Planks, Yoga, Jump Roping

# ALSO AVAILABLE: 3 TIPS FOR STARTING YOUR MORNING WITH SUCCESS VOLUME II

THANK YOU FOR READING!



www.alexisrai.com