

### 3 TIPS FOR STARTING YOUR MORNING WITH SUCCESS VOLUME II



## 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 Coffee / Tea Time

The process of preparing coffee and tea is just as therapeutic as the act of drinking it. The aroma fills the air and puts your mind into a relaxed trance before your first sip. Drinking your coffee/tea while also focusing your mind on meditation or reflection is a wonderful morning ritual. Visualize the day that you would like to have and count the things that you are grateful for. Bonus: Drinking coffee and tea has health benefits--high in antioxidants, increases brain activity, and can help boost the immune system.

### SUCCESSFUL MORNING TIP #2 Journal

Journaling has an unlimited amount of benefits. There are different styles of journaling that serve many purposes but all designed to create more clarity in yourself and your life. Writing your thoughts and feelings provide a release and allows you to track patterns and desires. It also helps gain sight of things that you are grateful for and things that you would actively like to change. Journaling can serve as a counselor if done honestly.

#### More benefits:

- Strengthens your sense of yourself
- Balances and harmonizes
- Offers new perspectives
- Helps you design your dream life

# SUCCESSFUL MORNING TIP #3 No Phone/No Internet/No Email for first 5-10 minutes after waking up

Our phones and other electronic devices have become our addictions. Whether you are checking social media or trying to catch up on work emails, your brain deserves a moment to calibrate itself to the day BEFORE being invaded with demands. Take the first 5-10 minutes of your day to journal, prepare a cup of coffee/tea, say a prayer, meditate, or all of the above. You will immediately notice your stress levels decrease and your inspiration to make better decisions throughout your day increase.

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

THANK YOU FOR READING!



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