



MY IDEAL

morning

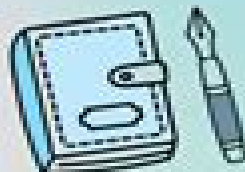
@myjourney.app

ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



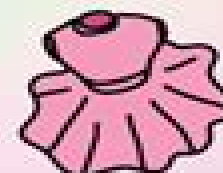
4. EXERCISE

7.00am



5. HOT BATH

7.15am



6. DRESS

7.25am



7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine Morning Routine Best

Arrmon Abedikichi



Morning Routine Morning Routine Best:

My Morning Routine Benjamin Spall, Michael Xander, 2018-05-15 ONE OF AMAZON S BEST BUSINESS BOOKS OF 2018 SO FAR ONE OF THE FINANCIAL TIMES BUSINESS BOOKS OF THE MONTH UPON RELEASE ONE OF BUSINESS INSIDER S BEST BUSINESS BOOKS TO READ THIS SUMMER This small book carries the irresistible implicit promise that if you follow the morning routines of famous important and successful people you will become famous important and successful yourself Financial Times How are you spending your most valuable hours The first few choices you make each morning can unlock greater productivity creativity and calm or bring out your worst self Marie Kondo performs a quick tidying ritual to quiet her mind before leaving the house The president of Pixar and Walt Disney Animation Studios Ed Catmull mixes three shots of espresso with three scoops of cocoa powder and two sweeteners Retired U S Army Four Star General Stanley McChrystal works out at 4 00 AM every day for at least an hour Part instruction manual part someone else s diary My Morning Routine interviews sixty four of today s most successful people including Biz Stone the co founder of Twitter Arianna Huffington founder of The Huffington Post and Michael Acton Smith the CEO of Calm and offers timeless advice on creating a routine of your own Some routines are all about early morning exercise and spartan living others are more leisurely and self indulgent Whether you want to boost your productivity implement a workout or meditation routine or learn to roll with the punches in the morning this book has you covered Once you land on the right routine you ll look forward to waking up From inside the book A big part of my morning routine is about what I don t do when I wake up I don t start the day by looking at my phone ARIANNA HUFFINGTON founder of the Huffington Post and Thrive Global I travel a lot for work so my days are always different Having a morning routine really means fitting things in around everything else CAMERON RUSSELL fashion model and cultural activist I if I don t get a chance to play with my son in the morning I feel like I missed something that I ll never get back BIZ STONE cofounder of Twitter Find certain things you know you should do don t like to do or make excuses to avoid and then do them every day STANLEY McCHRYSTAL retired U S Army four star general BENJAMIN SPALL AND MICHAEL XANDER are the founders of mymorningroutine com Spall has written for outlets including The Huffington Post 99U and The Next Web Xander is a product designer and engineer **The Best Morning Routines** Charles Thomas ,2019-01-16 Do you need morning routines or habits You came to the right place In this book you will learn 30 morning routines to help you start afresh be more productive and motivated Download this book now and enjoy your morning *Best Morning Routines for a Productive Day* Margaret Light,2025-01-01 Best Morning Routines for a Productive Day is your ultimate guide to transforming your mornings and unlocking your full potential This book explores the power of intentional morning rituals providing actionable strategies to boost productivity energy and focus throughout the day From understanding the science behind habits to designing a personalised routine that aligns with your goals it offers practical advice for incorporating healthy habits cultivating a positive mindset and overcoming common obstacles Packed

with real life examples and inspiration this book empowers you to take control of your mornings and create a foundation for success and fulfilment every day The Winners' Morning Ritual Paula H Eder,2021-04-15 Discover the secrets to creating a morning routine that fits your needs and lifestyle perfectly Would you like to experience your own expansion of possibilities Have you ever imagined wonderful morning rituals to help you start each day off right If your day starts well it will probably end well too Well you are the lifeblood of your days and nothing beats morning rituals to start your days off right What are some of these rituals Keep reading to find out Many people adopt someone else s morning ritual but find it doesn t work in their life Fortunately creating the perfect morning ritual isn t that difficult While you probably need some guidance creating a great morning routine is relatively easy once you know how to do it This book THE WINNERS MORNING RITUAL Secret Routines That Help to Kick Off a Good Start Into Every Day will help you create the perfect morning ritual based on your life Inside are tested and proven morning rituals routines methods ideas tactics tricks tips and practices that if applied with dedication can help you create a morning routine that will improve your productivity energy and happiness throughout the day Chapters and subsections give you extensive and small practices that cover essential topics like Why you need to have a morning routine How soon can you expect the benefits of a morning ritual How a primary goal will help you create an effective morning routine How to Create a New Morning Routine Based on Your Current Routine Ideas and tips for busy morning routines Why you need a slow morning routine Ideas and tips for slow morning routines The dangers of using gadgets in the morning Ways to use your time at night to make your morning sweeter How to further improve your routine at all levels etc And all you need to do is follow them with commitment These are methods and practices that you can start applying today or even tomorrow to help you give yourself what you need to live your life fully and happily This revolutionary book s content will empower your day and guide you through creating a calm start to the day to multiply your productivity results So if you want to be happy productive and feel energized scroll up and click on the Buy Now button to order your copy and prove that you re committed to experiencing your own expansion of possibilities The Morning Routine Adam Rockman,2017-06-28 Do you wake up without energy and motivation Do you wake up with anxiety about all your responsibilities and goals Tony Robbins Elon Musk Richard Branson and countless other successful entrepreneurs master their daily routines and aim that mastery at building impressive legacies and contributions to the world What do you want to create Would you like to build a successful startup Want to create beautiful art or music that people love If yes then you MUST read The Morning Routine Book These techniques are based on proven psychology and are so easy they are effective for anyone Learn to kick ass every day with routines that quadruple your productivity Part of you might enjoy the instant gratification of skipping exercise wasting time on various smart phone apps neglecting your life goals staying up late binge watching a TV show you just discovered or sleeping in But you know another part of you wants more from life This part of you wants the discipline and willpower to achieve goals learn new skills and build something of value The Morning Book gets

those 2 parts of yourself into a dialogue so they can finally learn to cooperate You won't need to give up all your self indulgent desires and needs But you will have much more self control after reading this book You will finally wake up at consistent times every day full of energy and enthusiasm You will finally have time for the goals in your life you always dreamed of pursuing You will create the ultimate morning routine that makes every day the best You will create the ultimate evening routine that prepares your mind for sleep tonight and kicking ass the next day Think about how your life can change with this information If you have always more results in life then read The Morning Routine Book by Adam Rockman It includes a huge list of possible morning evening and daily routines to best improve your life Inside you will learn The Ultimate Morning Routine The Ultimate Evening Routine How To Maximize Your Energy To Get the Most Out of Your Daily Routines How To Enjoy Waking Up Every Morning How To Optimize sleep How To Stop Procrastinating How The Foods You Eat Effect Your Productivity How To Maximize Your Nutrition For Optimal Energy And Productivity How To Overcome Unhealthy Addictions That Prevent Success How To Replace Bad Habits with Positive Habits That Improve Your Life How To Overcome Any Pain That Might Make you Doubt You Can Maintain Your Morning Routines And Much More This advice has already helped many people just like you develop the self discipline and strength to achieve their goals See what others are saying I simply can't get enough sleep It is a problem that has plagued me my whole life and I struggle every single morning This book is fantastic for anyone that suffers with the same issue or similarly feels tired throughout the day The author explains why this may be happening and offers real valuable insights into how to resolve this issue The techniques he provides can be implemented almost immediately Gemma King If you oversleep frequently you need to ask yourself WHY It's time to take a close look at your sleep and sleep habits This book helps you to start forming positive habits to address this kind of problem I learned good information from this book about the dangers of sleeping too much its effects what to look out for and how to work towards getting healthy quality slumber This has a great advice on how to manage your energy and your time Sally Rivas click the BUY NOW button at the top to start your day with energy power and determination TODAY

Daily Routine Mark Crosby, 2017-07-18 MAKEOVER YOUR DAILY ROUTINE TO BE YOUR BEST EVERY DAY Do you ever wonder how people get energized in the mornings Perhaps you have been sluggish for so long that you don't know what it is that you are doing wrong If you want to change then this is a short book that will HELP you to achieve your goals How will you learn to change your daily routines forever In this book I am here to teach you that approach is everything and that basic changes in your routines can make all of the difference in the world to how your life plays out If you carry on with the routines that I have suggested in this book you will find yourself energized to such an extent that you will be able to DOUBLE your OUTPUT as well as being able to BALANCE your life in such a way that it is able to give you HAPPINESS and SATISFACTION Inside the book The secrets to creating a killer morning routine so you can be your best every day A quick guide to meditation to make you more effective A quick exercise regime to get your day off to a great start Energizing

yourself with a solid breakfast Effectively ordering your day Tips of Work Life Balance and Habit Stacking And much more So develop the ultimate doable daily routine and perform at your peak day in and day out [Start The Day In The Best Way](#) Meghan Cassidy,2020-05-19 Uncover the secrets to starting your day on the right foot with morning routines that will bring you energy and vitality eliminate stress and set you on the path to a productive day Are you one of the millions of women who struggles to get out of bed in the mornings Do you groan inwardly in frustration when the alarm clock goes off at the prospect of yet another unfulfilling day Would you like to discover the secret to starting your day with motivation and focus If yes then keep reading It has been proven time and time again that how you wake up each morning sets the frame for the rest of the day but many people wake up disoriented constantly reacting to outside influences like morning alarms and needing stimulants to fully wake up But it doesn't have to be so In this guide Meghan Cassidy shows you how to rewire your brain to help you start each day with a lot of positive momentum that will carry you all day turning you into a productivity machine using the power of morning routines Inside Morning Routines For Women you're going to discover How to find out if your current morning routines are conducive for success How to create a perfect morning routine that is specifically tailored for your lifestyle 6 powerful tips that will instantly make you have better mornings as soon as tomorrow 7 healthy morning routines from successful women you can add to yours or modify to suit your lifestyle Failsafe morning routine tips for women with families How to take care of your mental and emotional state and keep stress at bay and tons more Designed for women and filled with deep insights real life case studies and actionable advice Morning Routines For Women is a simple and effective routine that will help you get the most out of your day Scroll up and click the add to cart button to buy now

Effective Morning Routines: Jonathan K. Hari,2025-06-23 Morning Routines for Success How to Start Your Day Like High Achievers Boost Productivity Focus and Energy with Powerful Morning Habits Imagine waking up each morning feeling energized focused and ready to take on the day with confidence What if you could transform your mornings from chaotic and sluggish to intentional and powerful This book is your ultimate guide to mastering the first hours of your day unlocking the secrets that top performers and high achievers use to fuel their success Whether you're struggling with motivation battling the snooze button or simply looking to optimize your routine this practical and research backed guide will show you exactly how to create a morning that sets the foundation for a productive fulfilling life Inside This Book You'll Discover The Power of Mornings Why Your Day Starts the Night Before Winning the Battle Against the Snooze Button Hydrate Move Breathe The Ultimate Wake Up Trio Mindfulness and Meditation Cultivating a Focused Mind Exercise and Movement Energizing Your Body for the Day Planning Your Day The Art of Prioritization and Goal Setting Morning Routines of the World's Most Successful People Packed with actionable insights expert strategies and easy to implement techniques this book will help you break bad habits build a morning routine that works for YOU and create lasting change that leads to success in every area of your life Scroll Up and Grab Your Copy Today [How To Master Your Morning Routine](#) Chidozie Oparanozie, Your mornings

are the most important part of the day The way you start your day can catapult you into a great day or a mediocre one It s important to have a morning routine In this course we will discover the best morning routine and learn how to stick to the routine each day The mind is in a sensitive state when you first awake Let s make sure you start the day off right Master Your Morning Routine for Maximum Success: How to Start Your Day Like a Champion Silas Mary,2025-02-19 Master Your Morning Routine for Maximum Success How to Start Your Day Like a Champion How you start your day determines how you live your life Do you wake up feeling energized and ready to conquer the day or do you hit snooze scramble through your morning and feel behind before noon The secret to success isn t luck it s how you begin each morning This book is your ultimate guide to designing a powerful productive and energizing morning routine that sets you up for success in every area of life Inside you ll learn Why your mornings determine your mindset focus and productivity The exact habits of high achievers and how to apply them to your routine How to wake up earlier and with more energy without feeling exhausted The simple formula for boosting motivation mental clarity and discipline How to turn your morning into a launchpad for success in business health and life Winners don t start their day by accident they design it for success If you re ready to take control build momentum and create a powerful morning routine that fuels your goals this book is for you Your success starts the moment you wake up Are you ready to rise like a champion Create a Morning Routine That Wins: How to Start Your Day Like a Champion Ahmed Musa ,2025-03-09 Create a Morning Routine That Wins How to Start Your Day Like a Champion Your morning sets the tone for everything that follows Win the morning and you win the day The world s most successful people don t leave their mornings to chance they follow a powerful repeatable routine that fuels focus energy and productivity Create a Morning Routine That Wins is your step by step guide to designing a high performance morning that primes you for unstoppable success Whether you re an entrepreneur professional or someone looking to level up this book will show you exactly how to structure your mornings for peak mental clarity unstoppable motivation and relentless execution Inside you ll discover The Champion s Morning Formula how to design a routine that maximizes energy and focus The Psychology of Peak Performance why mornings determine your success and how to optimize them How to eliminate sluggishness and wake up feeling powerful and ready to dominate The 3 Power Pillars of an elite morning routine so you start every day with momentum How to customize your routine for fitness mindset business and personal growth Packed with science backed strategies success secrets and real world examples Create a Morning Routine That Wins will help you take control of your mornings master your mindset and attack the day with unstoppable confidence Start strong Stay focused Win the day every day Morning Routine Magic Javier Aufderhar,AI,2025-02-13 Morning Routine Magic explores how optimizing your mornings can transform your entire day enhancing productivity mental clarity and overall well being The book emphasizes the power of habit formation revealing how a consciously designed morning routine acts as a tool for self mastery Readers will discover the impact of aligning morning activities with their natural circadian rhythms for increased

cognitive function The book guides you through creating a personalized routine that incorporates mindfulness exercise and strategic planning It provides practical techniques such as meditation yoga and time blocking to help reduce stress and sharpen focus Case studies and examples of successful morning routines illustrate these principles showing how routines can be adapted to individual needs Morning Routine Magic progresses from the science behind routines to practical implementation offering advice on maintaining consistency and overcoming obstacles By blending scientific research with real world examples the book empowers readers to take control of their mornings and consequently their lives It provides actionable strategies and templates for creating personalized routines balancing structure with flexibility

[My Morning Routine](#) Benjamin Spall, Michael Xander, 2018-05-15 ONE OF AMAZON S BEST BUSINESS BOOKS OF 2018 ONE OF THE FINANCIAL TIMES BUSINESS BOOKS OF THE MONTH ON RELEASE ONE OF BUSINESS INSIDER S BEST BUSINESS BOOKS TO READ THIS SUMMER A guide to the early morning habits that boost your productivity and relax you featuring interviews with leaders like Arianna Huffington General Stanley McChrystal Marie Kondo and more Marie Kondo performs a quick tidying ritual to quiet her mind before leaving the house The president of Pixar and Walt Disney Animation Studios Ed Catmull mixes three shots of espresso with three scoops of cocoa powder and two sweeteners Fitness expert Jillian Michaels doesn t set an alarm because her five year old jolts her from sleep by jumping into bed for a cuddle every morning Part instruction manual part someone else s diary the authors of My Morning Routine interviewed sixty four of today s most successful people including three time Olympic gold medalist Rebecca Soni Twitter cofounder Biz Stone and General Stanley McChrystal and offer timeless advice on creating a routine of your own Some routines are all about early morning exercise and spartan living others are more leisurely and self indulgent What they have in common is they don t feel like a chore Once you land on the right routine you ll look forward to waking up This comprehensive guide will show you how to get into a routine that works for you so that you can develop the habits that move you forward Just as a Jenga stack is only as sturdy as its foundational blocks the choices we make throughout our day depend on the intentions we set in the morning Like it or not our morning habits form the stack that our whole day is built on Whether you want to boost your productivity implement a workout or meditation routine or just learn to roll with the punches in the morning this book has you covered

[The Ultimate Morning Routine - 2nd Edition](#) Morning Routine, Morning Ritual, 2014-08-12 The Ultimate Morning Routine Today only get this Amazon bestseller for just 2 99 Regularly priced at 4 99 Read on your PC Mac smart phone tablet or Kindle device Note This is the updated version WITHOUT all the grammatical errors and typos that existed in the previous version Edition number 1 And thank you to all of the thousands of people that downloaded the book during the free promotion I m so grateful for that support I will continue to work hard on providing you with great content Thank you Brian The Ultimate Morning Routine You re about to discover how a morning routine a morning ritual The Hour of Power will help you start your day right and become much more productive This is the secret weapon that helps all successful people like CEO s of major

corporations athletes and other high achievers to reach to the top of their field If you think you are ready to start your journey to a successful and productive life then let this book help you discover the importance of starting the day right Here Is A Preview Of What You ll Learn Why you have to start your day right Why a morning routine or morning ritual is crucial to your success What The hour of Power is How to use quiet time Mental conditioning How physical activity will give you an extra boost The 21 day challenge Much much more Download your copy today Take action today and download this book for a limited time discount of only 2 99 You owe yourself a better start of each day c 2014 Brian Ledger All Rights Reserved Tags morning routine morning ritual hour of power productivity success early riser getting things done time management productivity hacks wake up happy wake up successful wake up early wake up productive meditation prayer **Five Morning Routines of Highly Successful People** Claire Keymington, 2019-03-03 5 MORNING ROUTINES OF HIGHLY SUCCESSFUL PEOPLE They are without doubt some of the most successful individuals in the world of business acting politics and others we probably aren t even aware of Will you listen to what Oprah Winfrey Brain Tracy Ex POTUS Barack Obama Tony Robbins and Will Smith have to say about your morning routines I think you should In this easy to read very friendly guide on what you should do each day when you wake up you are subtly nudged into excellence as we examine the A M lives of these inspiring personalities and get wisdom on how to modify our own routines to give room for greatness After finding out this great secret of having morning routines that give structure to your day to day activities I couldn t help but share the secret with you and that s what led to the birth of this book So dig in get a few laughs get upped on your wisdom level and let s all progressively climb the ladder of early morning greatness **Morning Routine** Beverly Hope, 2019-09-03 DEVELOP A WINNING MORNING ROUTINE WITH THESE 15 UPLIFTING SUGGESTIONS LEARNING WHAT NOT TO DO AND FINDING OUT THE BEST LIFE CHANGING DAILY ACTIONS YOU CAN TAKE FIND OUT HOW TO LIVE A HAPPY LIFE WHEN YOU DEVELOP GOOD HABITS AND EXPERIENCE PERSONAL IMPROVEMENT The strategy that already helped thousands of people around the world is finally on line No need to spend hundreds of dollars on endless and confused guides Success is in your head release it Start from the basics and become an example for yourself and the others Save time and health to focus on what you really like A stressful morning routine makes for a stressful day We are creatures of habit and we develop routines that we often stick to even if they are not effective As the routines break down chaos insues and stress builds Your morning routine can drastically alter the rest of your day from your digestive health to your state of mind Over the years I ve developed a number of strategies to enhance the health promoting aspects of my morning routine while also helping to get into a proper state of mind Having a morning routine is one of the best ways to kickstart a day in the most productive positive and healthy manner and be energized and motivated throughout the whole day It takes time to form it as a habit You begin by waking up earlier than you have to and investing that time in some activities that are good for your mind body and soul This book covers the benefits of STRETCHING JOURNALING AND VISUALIZING AMONG OTHER PRACTICES

It teaches the reader new morning routines to stimulate the brain and rewire the mindset to a positive one After using these routines you will begin to notice increased energy levels and positive perspectives 15 GREAT RECOMMENDATIONSfor habituating an effective morning routine The actions we take upon waking often determine how successful our day will be and it is imperative to shed awareness on the activities when we rise In this BOOK you ll discover strategies you can use to get yourself and everyone else out the door By simplifying your morning routine you start the day off on a positive note and you ll be able to get out the door ready to tackle the day Are you starting out This guide is for you Do you want to organize a more detailed morning routine This guide is also for you Don t miss it Start today tomorrow will be way better Download a right away [Rise and Shine!](#) Samanthat Westwood,2015-11-05 Are you wasting the most productive time of the day If you don t have a morning routine you are Rise and Shine Morning Routines That Work Miracles and Transform Your Life will show you how to change your morning routine and ultimately change your life There have been stories in the news lately talking about how one thing that almost all successful people have in common is a strong morning routine that they don t deviate from Successful people ranging from entrepreneurs like Bill Gates and Steve Jobs to bankers politicians and even Hollywood stars all say that find the morning routine that works for them was one of the keys to their success Finding a morning routine that works for you can launch you onto a successful path and help you find the balance that you ve been looking for What makes a good morning routine is different for everyone For some people starting the day with intense exercise like running is the way to kick start their brain and get their productivity flowing For other people quiet meditation is the key to a productive day This book can show you how to identify what morning rituals are the best for you based on your personality and lifestyle so that you can turn get up in the morning from a necessary evil to something that you look forward to every day It s not just adults who can benefit from a morning routine Everyone in your household will find themselves working harder and enjoying life more with a good morning routine in place Teaching children the value of a morning routine when they are young will help them focus more stay organized and learn healthy habits that will lead to success later on The tips and information in Rise and Shine Morning Routines That Work Miracles and Transform Your Life will show you how to transform your morning routine and transform yourself Scroll back up and order your copy now [Rise and Shine!](#) Samantha Westwood,2019-01-30 Are you wasting the most productive time of the day If you don t have a morning routine you are Rise and Shine Morning Routines That Work Miracles and Transform Your Life will show you how to change your morning routine and ultimately change your life There have been stories in the news lately talking about how one thing that almost all successful people have in common is a strong morning routine that they don t deviate from Successful people ranging from entrepreneurs like Bill Gates and Steve Jobs to bankers politicians and even Hollywood stars all say that find the morning routine that works for them was one of the keys to their success Finding a morning routine that works for you can launch you onto a successful path and help you find the balance that you ve been looking for What makes a good morning

routine is different for everyone For some people starting the day with intense exercise like running is the way to kick start their brain and get their productivity flowing For other people quiet meditation is the key to a productive day This book can show you how to identify what morning rituals are the best for you based on your personality and lifestyle so that you can turn get up in the morning from a necessary evil to something that you look forward to every day It s not just adults who can benefit from a morning routine Everyone in your household will find themselves working harder and enjoying life more with a good morning routine in place Teaching children the value of a morning routine when they are young will help them focus more stay organized and learn healthy habits that will lead to success later on The tips and information in Rise and Shine Morning Routines That Work Miracles and Transform Your Life will show you how to transform your morning routine and transform yourself Scroll back up and grab your copy today [Morning Magic](#) Arrmon Abedikichi,2017-01-07 Get More Done Before 8 A M Than Most Will Do All Day Learn powerful and effective strategies to wake up refreshed start the day with success and create life on YOUR terms Do you want to learn how to sleep better wake up productive and create a marvelous morning routine without all the hassle Morning Magic is your cure to the morning blues If you are tired of snoozing being unproductive and starting the day off on the wrong foot then this book is your answer This is a step by step guide to creating Morning Magic What are the 4 Pillars of a Magical Morning Waking up and beginning the day is not just about getting up when your alarm goes off If you want to ensure your success you must understand all the factors that go into waking up peacefully and having the energy to perform at a peak level Morning Magic reveals the four pillars to a successful morning Pillar 1 Bedtime Rituals Pillar 2 High Quality Sleep Pillar 3 Waking Up Productive Pillar 4 Creating Morning Magic but I m just not a morning person No one is born successful Every successful person is self made and determined So are morning people They just understand and do certain things certain ways that produce certain results Learn all the key elements of a successful morning routine and how to create your own that will set you up for success each and every day Do you constantly wake up and hit snooze Learn how to implement the no snooze policy and wake up feeling refreshed Not only will you learn how to improve your sleep you will also learn how to wake up feeling enthusiastic and excited like a kid on Christmas morning By creating a meaningful and powerful morning routine you will look forward to waking up and beginning each day on your own terms Morning Magic provides powerful secrets that most people were never taught 14 bedtime rituals to wind down for sleep 7 simple and effective sleep hacks for optimal rest Top 10 things to avoid before bed 12 Productive wake up strategies Sample morning routines 50 morning activity ideas Create Your Very Own Morning Magic Do you want to get more done before 8 a m than most people will do all day It is possible with the Morning Magic plan You will learn powerful and effective strategies that are easy to implement Learn how to create your own plan that ensures you start the day in a magical way Here are a few of the areas you can improve with a powerful morning routine Health and diet Planning your day Fitness and exercise Money and finances Family and love Relationships Hobbies and recreation Personal improvement

Learning and education Job and career Spirituality and prayer FREE BONUS Download the Morning Magic Starter Kit As an added bonus to help you with your success you can download the Morning Magic Starter Kit at no charge The starter kit contains Routine trackers Sleep journal Habit creation charts Morning and night affirmations And many more tools to increase your success If you are ready to create a magical morning a brighter future and more success then scroll up and click buy to give it a try

Daily Routine George Whittaker, 2017-03-14 Start Your Day Like A Champion It is no secret that your morning sets the tone for your entire day That is why it is crucial that you have a power driven morning that is completely set to align you for the highest level of success possible Having a powerful and positive morning routine that starts you off with the right vibrations is going to absolutely change your life You will find that every day you lead with your right foot forward you will feel empowered positive and successful before you even begin There are several methods for you to create a power routine for your mornings but the formula for a strong morning routine is generally the same You may wish to make some alterations to make these routines suit you and your unique lifestyle That is okay and is a big part of creating your power mornings After all you need a routine that feels good to you in order for it to truly start you off on the right foot Throughout this book you are going to be lead from the moment you wake up until the moment you are ready to truly start your daily commitments Each chapter will be dedicated to a certain part of your power morning It is important to note that a strong power morning starts with a restful night's sleep which you can learn more about in Daily Routines Night Time Routine for Being More Happy Productive and Healthy By combining the skills that you will learn in these two books you will transform your life in ways you never imagined You will be more productive happier healthier more vibrant and more successful in your everyday life and beyond Here Is A Sneak Peek Of What You Will Learn Fueling Your Mind Fueling Your Body Ways To Lift Your Spirit Waking Up With The Positive Mind Essential Formula To Start The Day And Much Much More Do Not Wait Any Longer And Get This Book For Only 13 38

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