

THE 7-STEP MORNING RITUAL USED BY SUCCESSFUL PEOPLE

STEP	ACTION	WHY
1		
2		
3		
4		
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7		
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10		

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STEP	ACTION	WHY
1	Go to bathroom and wash face with cold water	Wake up immediately and feel awake to prevent myself from going back to bed. Cold water will keep me awake.
2	Drink 500mL of water	Hydrate my body and signal to organs to wake up. When I'm at my best, I can make the biggest difference in the world.
3	Go outside on balcony for fresh air	Express gratitude for my life to boost my happiness and enjoy the view.
4	Do sun salutes	Loosen up my muscles and get the blood flowing so I'm ready to start performing at peak levels.
5	Do 15 pushups	I want to be strong and feel masculine so I'm confident in myself and my abilities.
6	Meditate for 10 minutes	I want to get myself in the right state of mind and focused on what I want to achieve.
7	Review goals	Effectiveness over efficiency. I always need to work on the right projects and tasks to be better off today than I was yesterday.
8	Eat my frog	Working on the most important task first sets the tone for the day. If I can do this, I can do anything.