

# SEIZING THE DAWN: GETTING READY FOR THE PERFECT DAY

---

A guide to the perfect morning routine



## **Table of Contents**

INTRODUCTION

CHAPTER 1: What is a morning routine

CHAPTER 2: Benefits of a morning routine

CHAPTER 3: The morning routines of the world's most successful people

CHAPTER 4: What is a STRONG/PERFECT morning routine

CHAPTER 5: How to craft the right routine for you

CHAPTER 6: How long do you have to keep up your morning routine

CHAPTER 7: Problems that could throw you off

CHAPTER 8: Things to consider before making a morning routine

CHAPTER 9: Breathing exercises

CHAPTER 10: The Power of Visualization

CHAPTER 11: Cold showers

CHAPTER 12: Meditation

CHAPTER 13: Exercise

CHAPTER 14: Power-walking

CHAPTER 15: Journaling

CONCLUSION

## INTRODUCTION

You've just woken up, and you can already tell that your day is off to a wrong start. Your alarm didn't go off, so now you have less than an hour to get ready for the day. You skip breakfast and get to work an hour late. For the rest of the day, nothing goes the way it is supposed to. Someone asks you what's wrong and your only reply is: "I woke up on the wrong side of the bed this morning."

That is a familiar statement that most of us have heard and even more have said. It's a statement that's usually said when things don't seem to be going the way they should and you just can't get in the swing of things. Imagine how awful it must be to feel that way! If only there was a way to ensure you make the most out of the day and achieve your set goals...

Oh, wait – there *is*. You see, whether we realize it or not, the secret to having a productive and successful day is an effective morning routine. An effective morning routine leads to a great day which leads to a boost in your motivation. That, in turn, can enable you to accomplish your goals better.

As we are all different people in different situations, what works for one person won't necessarily work for the next person. This guide is not intended to tell you exactly how to start your morning. Instead, this is to enlighten you on the way to build a routine that works for you with practical steps and examples. In the end, you will come up with a routine that suits you and works for you.

## WHAT IS A MORNING ROUTINE?

Every single one of us has a series of activities which we perform after we wake up in the morning. If you are religious, the first thing you might do is say a little prayer. Some of us have chores we do and others have none. A number of us may begin the day earlier than most, perhaps to exercise. The rest of us, owing to the fact that we have very little time to spare, just go straight to the bathroom to start preparing for the day.

Simply put, any activity that is done in the morning, after you wake up, before heading to work or school is a morning routine. The activities constituting a morning routine range from taking a shower, drinking a cup of coffee, reading a book or simply brushing your teeth. When these activities are done consistently over a short period of time, they will eventually form a habit, a ritual that we must perform every morning.

Perhaps it might interest you to know that a great number of the world's most famous people have morning routines. Many of your favourite celebrities/role models have well-tailored routines that cater to their health and wellbeing. A morning routine can make all the difference in achieving your goals. It can make you more productive, more confident and more motivated. A morning routine allows you to define how your day starts. Most of us begin the day already feeling rushed for time and not on top of our game.

Well, here's the good news: we *can* do better. "How?" you may wonder. The answer is quite simple: by carefully creating a routine that works for you, you can maximize whatever potential you have at the start of the day.

We all have our various responsibilities and obligations, and at times it can feel like there's hardly enough time in the day to get anything else – or anything at all – done. However, this is not reality. The truth is, if you can set aside at least fifteen to thirty minutes every morning to getting your mind and body prepared for whatever it is the day can throw at you, you will be better off. That's the importance of a morning routine. Having one and using it every morning allows you to begin your day with a high dose of positivity and confidence, making it easier for you to complete tasks and take on problems that could arise more effectively. A good morning routine is like breakfast – you just can't do without it.

## **BENEFITS OF HAVING A MORNING ROUTINE**

Let's begin with health benefits. Research has shown that stress can be as damaging to our health as smoking. As stress levels increase we are left susceptible to diseases because we can't fight them off as easily.

It also has an effect on our emotional well-being. The way our bodies feel can impact how we feel emotionally when we rush through the day unprepared and without a proper schedule, it can leave us stressed and upset. In the long term, if that continues it can make us feel practically useless because nothing is getting done.

How does a morning routine prevent all that from happening? As we have already established, a morning routine can lead to a boost in confidence and morale. A sense of confidence in our day can help us maintain positive emotional health and helps us cope with stress much better.

And then there's *productivity*. An effective morning routine can set the tone of the day, allowing us to take control of our schedules and not the other way around. Productivity means the level of quality that goes into tasks and with an effective morning routine, we can focus and prioritize our time ultimately increasing our productivity.

Believe it or not morning routines can affect our relationships with others. When we feel frustrated, overwhelmed or stressed out, there's a potential to take out that frustration on those closest to us. We've heard stories of frustrated parents coming home to their children and transferring their anger to their kids in unhealthy ways such as venting, isolation and, in extreme cases, child abuse. As you start building a morning routine, you'll find that you're better able to manage your time and you become more productive. Increased productivity means that you'll be less frustrated and this can lead to a closer relationship with the people that you care about.

Stress takes a toll on our emotional and physical health, our careers and even in our relationships. Being behind schedule can affect our self-confidence leading to a lot of distress and a negative mindset throughout the day. Having a morning routine allows room for a positive mindset and a greater sense of peace because we are capable of accomplishing our goals more effectively.

Do our morning routines have anything to do with our confidence? Certainly. Being confident means trusting in your abilities and your capability to handle whatever storms life has to throw out you. It is the belief that you can accomplish your goals and achieve your dreams (self-efficacy). Going through your day and accomplishing what you set out to do can reinforce your sense of self-efficacy. Having a morning routine can lead to more effective time-management, better prioritizing and better productivity, all of which culminate in a greater sense of self-efficacy.

## THE IMPORTANCE OF ESTABLISHING A MORNING ROUTINE

How you begin your day determines how it will end. If you start out your day depressed or angry, it's going to affect your day in different ways. Your job, your relationship, business and even your health and family life will be affected. You are capable of controlling how you start your day. By establishing a morning routine in your life, you gain the ability to gain confidence, be more productive and achieve so much more. This is because when you have a morning routine, you won't be stressed about the responsibilities that await you the next day; instead, you are motivated to tackle any and everything that comes your way. Thirty minutes to an hour is dedicated to working on yourself and your emotional state.

Although you may not know it yet, you already *do* have a morning routine albeit an unhealthy one. Perhaps the first thing you, when you wake up in the morning do snooze your alarm, then have an unhealthy breakfast or scroll through your social media. Already, being none the wiser, you're getting worked up at whatever things you are seeing and that feeling seeps into whatever you do that day.

The morning is the best time to affect the day because at that time your determination is at its peak. It is that determination that gets you up in the morning. During the day, that determination is used up and it is at its lowest by the end of it. The morning is the perfect time to inject change into your day. The easiest way to get used to establishing a morning routine is to turn it into a habit. Let's explore the science of a habit before we go on. Basically, Habits run in this loop:

Cue => Routine=> Reward.

This is what goes on behind the scenes of a habit; for it to work for morning rituals, we need to upgrade because in the mornings our bodies are basically on autopilot. In the morning, the cue is the thing that wakes you up. This could be your inner clock, your alarm clock or phone alarm, or a person. After that, the first routine of the day happens; this can be a trip to the toilet, saying a prayer etc. Usually, after that routine is a reward, that satisfaction that comes with establishing the routine, but because this is a morning routine, the first routine is followed by another and another and another until the last habit of the morning routine is performed.

All this, combined with determination, has an amazing effect. You can install an already established habit into your morning routine making things much easier for you. Perhaps one of the first things you do in the morning is an exercise for fifteen minutes. When you decide to develop a morning routine, you can incorporate that activity into your morning ritual without it becoming an inconvenience for you.

### 3

#### **THE MORNING ROUTINES OF THE WORLD'S MOST SUCCESSFUL PEOPLE**

We love successful people – we idolize a lot of them, even. We love to read their grass-to-grace stories, and we even model our lives after them, hoping that their key to success might be ours as well. But as hard as we try, a lot of us fail to become as successful as they are. Could it be that we're missing something?

Yes.

One thing the world's most successful people have in common is a well-crafted morning routine. Successful people understand the importance of starting the day right and increasing their overall productivity. They devote their time to the development of their bodies and brains, so it is no surprise that they are as accomplished as they are. Accomplished individuals have similar morning routines. Common things that they do first thing in the morning include:

- 1) **EARLY RISING:** It is said that the early bird catches the worm; that can't be truer than in the case of successful people. Elon Musk, founder and CEO of SpaceX and Tesla Motors, has been noted to wake up at seven in the morning. Mark Zuckerberg, the CEO of Facebook, wakes up at eight, and Jeff Bezos wakes up between the hours of seven and eight. Could it be that these tech moguls are familiar with the ideology that an early rising leaves them with enough time to take on the day? It definitely seems like it.
- 2) **EXERCISE:** Successful people are important people if they can make time to exercise then best believe it must be worth it. Studies have shown that people who exercise have more energy and a positive outlook. People who exercise daily do it early in the morning, putting it off till later means it may not happen.
- 3) **MEDITATION:** Meditation and prayers are calming rituals. They induce happier moods and are ways to escape life's many frustrations. Studies show that meditation can reduce stress and anxiety. It can also boost your creativity as well.

- 4) **JOURNALING AND VISUALIZATION OF THEIR DAY AHEAD:** Successful people plan their schedules and priorities ahead of time. Some of them visualize the things that they would like to accomplish for the day. It is important to plan for your day to maximize your potential to succeed.
- 5) **READING A BOOK:** Surprisingly enough, a lot of people are not avid readers. Sadly, this affects them greatly. Reading is a powerful tool in mind building and development and is a great way to acquire new insight and knowledge.
- 6) **FAMILY TIME:** Spending time with one's family is a great way to bond and strengthen one's relationships. Research has shown that it's also good for one's health.

A thing we can pick from these people is that they perform activities that work for them. They do things they consider healthy, important and productive. The goal here isn't to copy them, but to use their example to make our own routines. We need to develop morning routines that will make us happy, healthy and productive.

## 4

### **SO WHAT IS THE PERFECT MORNING ROUTINE?**

We've established what a morning routine is and we've talked about the benefits. We've also discussed why a morning routine is so important and we've even looked at similar things successful people do first thing in the morning. But what exactly is the perfect morning routine and how do you get one?

A simple Google search of the question: "What is the perfect morning routine?" could bring forth thousands of results telling you they have the perfect routine for you. You'd even come across results like: "21 ways to craft the perfect morning routine", "12 tips on developing your morning routine" and so on. Tips and tricks are great – they can guide you and inspire you to make your own routine – but no one can tell you what your routine should be but you.

This is because we're all different people, with different schedules, lifestyles and preferences. You might like starting your day by jogging around your neighbourhood but your co-worker Melissa might prefer starting her mornings with a glass of fruit juice and a newspaper by her side. The point is, what works for you will not necessarily work for Melissa. This doesn't make the thousands of self-help books or guides or articles available on the internet useless, because they aren't. The key is looking at them like a dinner table full of options to choose from. You can't eat everything and you certainly can't eat just *one* thing – you might not like that. Instead, you pick different things that can make the perfect plate for you.



Only you can make the perfect routine for yourself because you're the only person who truly knows you; however, you need some help (otherwise you wouldn't be reading this book) on knowing how exactly to craft the perfect routine for yourself. Don't worry, we've got you covered.

## 5

### **HOW DO YOU CRAFT THE PERFECT ROUTINE FOR YOU?**

So you've decided you want to start the day off right but you don't know how? Your search engine is giving you the same vague results? It has a lot of answers to your questions but then it doesn't seem to have *the* answer, and you're stuck on what to do?

When crafting a morning routine you need to consider three different parts of your being and your life. Your routine should be able to cater to these different parts effectively:

- 1) Your Body
- 2) Your Mind
- 3) Your goals/business

### **BODY**

Most of us aren't particularly great at taking care of our bodies. We don't eat right, we don't exercise and we don't even give our bodies the chance to recover itself overnight before jumping right into the next day. We barely have enough to face our responsibilities and on top of all that, we still have to make sure our bodies don't give out on us. The truth, however, is that you only have one body and it needs to be in the best condition for you to function properly. This means you need to give it what it needs to nourish itself and in return, your body will reward you with its best possible self that is available for work. Your morning routine should leave your body feeling relaxed but energized.

Here are some ways for you to cater to your body during the morning routine:

### **SLEEP**

You're probably thinking: "sleep is not a part of a morning routine." Nowhere on your list of things to do this morning does it say "ten minutes dedicated to sleeping." But the thing is, there's no way you can start the day right if you don't get your night right.

A lot of us are guilty of staying up late past midnight claiming that we're working. Then we're shocked and irritated the next day when we wake up feeling even more tired than when we went to bed. Sleep is an often-neglected component of a person's overall health and wellbeing. During sleep is the time the body repairs whatever damages were sustained during the day and get ready and fit for the next day. The importance of sleep cannot be overemphasized because getting adequate rest has been shown to reduce the risk of heart disease and lowers the risk of weight gain. Health professionals recommend that adults between the ages of 20-65+ get a minimum of seven hours of sleep to be able to function properly. The quality of sleep is also very important. Signs of poor quality of sleep include waking up in the middle of the night and waking up feeling tired even though you've got an adequate number of hours sleep. You can improve your sleep quality by sleeping around the same time every night, avoid sleeping late when you've already had enough sleep and reduce stress during exercise. Long story short, getting enough sleep can leave you refreshed and ready to start the next day.

## HYDRATION

Your mood can be put out of balance if you're even a tiny bit dehydrated, it can also lower your level of energy. Researchers say adults are to drink at least eight glasses of water per day. When you wake up in the morning, try to take a glass of water to kick-start your metabolism. A little hydration goes a long way.

## EXERCISE

Let's face it: not everyone can do an intense workout. Some of us regularly go to the gym and some of us do not, but if you can dedicate at least five minutes to just stretching alone, it can do your's body a lot of good. Exercising first thing in the morning has been shown to reduce stress levels as well as give you more energy. In fact, an early morning workout can give you more energy than a cup of coffee can! It can also promote good sleeping habits and put you in a better mood. This is because exercising releases endorphins and dopamine, the happiness hormones that boost your mood and lower stress levels.

## BREAKFAST

Most of us are guilty of skipping breakfast in favour of "grabbing something along the way/later." We sometimes find that in our rush to get to work or school or even meet up a deadline, we sideline breakfast. You've heard time and time again that breakfast is the most important meal of the day, but do you even know *why*?

You must have heard about Metabolism. Metabolism is how food gets converted into the energy you need to work. Think of metabolism as a car. A car can't be started without a key, breakfast is the key you need to start the process of metabolism. It gives you the energy you need to get things done and helps you focus. Eating breakfast has been shown to actually help with concentration and memory and it can lower the levels of bad cholesterol, chances of diabetes and heart disease. Skipping breakfast has been shown to lower your blood sugar, leaving you without the energy you need to get things done. You end up feeling sluggish and you are very likely to overeat later in the day and hence gain weight. It's not enough to just eat anything and call it breakfast but eat a healthy breakfast. A healthy breakfast is a breakfast consisting of low-fat foods, whole grains and fruits and vegetables. That kind of breakfast consists of high energy foods that won't leave you feeling sluggish and tired in the middle of the day.

## COLD SHOWER

A cold shower is a great way to wake you up. It will kick up your adrenaline and can better your circulation. It also promotes fat loss, improves immunity and lowers stress levels.

## MIND

Your mind state as at the time you wake up can be an indicator of how your day will go. If you wake up feeling upset or down, that is the energy you are going to carry around and apply to everything and everyone around you. Make the conscious effort to be optimistic and inject positivity into your day. The importance of being mentally ready for the day can't be overstated; it can give you the necessary motivation and confidence you need to take on the day.

Here are ways you can cater to your mind during your morning routine:

## MEDITATION

Meditation is about relaxation. It's not something you're supposed to concentrate on; the goal is pretty much to become thoughtless. The purpose of meditation is to give you a calm and clear mind. It can improve your communication with others and leads to the complete relaxation and rejuvenation of the body. Science has proven that meditating can reduce blood pressure and also reduce the tendency to have headaches, ulcers and insomnia. Take at least five minutes out of your time in the morning and meditate. Focus on your breathing and try to calm your mind and be ready to reap the benefits.

## VISUALIZATION

It's important to not underestimate the power of the mind. What you think is what you become and what you concentrate on is what can become a reality. Visualization helps you to train your mind in a direction and steer your actions the right way. Most of the world's successful people visualize, whether they realize or not. Just waking up in the morning and picturing what you want for yourself during the day is visualization. Visualization isn't a magic trick however; it doesn't mean that whatever you visualize magically appears. Visualization influences the subconscious and implants your goals deep into your mind. With what you want to accomplish that day firmly tucked into your mind, you are able to better set out to accomplish them.

## READING

The importance of reading cannot be emphasized. Right this moment, you are reading, absorbing information. Reading is a beautiful way to broaden your horizons. It is also a nice way to relax. You can read either for fun or to learn. If you're reading to learn, have a notepad by your side to put down whatever ideas come into your mind or whatever you've learnt from said book. Do you have a book you've always wanted to read? This is the perfect opportunity. Start out slow and set aside an amount of time, five to ten minutes, to read your book every morning and before you know it, you're done with the book.

## BREATHING EXERCISES

You're probably rolling your eyes at this one; it must sound ridiculous to you. Breathing? You've been breathing for all your life; are you somehow doing it wrong?

No, you're not. You're breathing just fine. But you probably don't have the right breathing technique down. The right breathing technique can reap a lot of benefits, it cleanses your body and mind effectively. It's a natural painkiller and it improves blood flow. It detoxifies the body and can improve digestion. There are so many variations that can lower your anxiety and stress. Try searching up the right one for you.

## JOURNAL

There are different variations of journaling. You can write down your thoughts or write down your plans for the day. You can try writing down whatever dreams you had the day before. Journaling is a great way to relax and affirm the things you want to accomplish. Nothing makes a goal more real than when you write it down – unless of course, you abandon it and never do anything about it, which would be rather counterintuitive.

## **GOALS/BUSINESS**

If you don't have your own business, you probably have a job or a career. As such you may want to maximize your productivity and move on to the next level of efficiency in regards to your career. How can your morning routine help you to do that? Let's take a look:

### **WRITE**

Are you a writer who would like to take their skills to the next level? Perhaps your job involves writing. A great way to improve your skills is to write for at least thirty minutes every day. Write about your dreams and aspirations; write about the bad restaurant you went to the other day. Write about your favourite childhood memory, write anything. Even if you're not a writer, writing in the form of journaling is a great way to relax before you set out in the morning.

### **PLAN AHEAD**

You'll be able to accomplish more if you plan/outline your day in the morning. Life is unpredictable and the unexpected can happen but at the very least if your day is planned, you're more likely to have control over how your day goes and you can learn proper time management. You can also take the time to go over your to-do list or your schedule for that day.

### **PERFORM YOUR MOST IMPORTANT TASK**

This could be a task you don't like doing, a project which has a deadline or maybe some kind of creative work. Be that as it may, your day will be much more productive if you tackle it head-on and get rid of it first.

## **HOW LONG DO YOU NEED TO KEEP UP YOUR ROUTINE?**

The short answer: for as long as it works. A morning routine isn't something you start doing and stop when it finally works for you. The process of improving yourself never stops because there's always a better you waiting to be born.

Your routine can evolve over time. This is because what is important to you can change and you yourself can change as a person. You will come to have new goals, new values and different responsibilities. These will keep on changing throughout your life. A sign of an effective morning routine is one that is capable of evolving with you, to support any kind of day you want to create. It is important to improve your routine as you grow and change. Experimentation is a way to know what works and what doesn't work. We've discussed the benefits of an effective morning routine already; if you notice that those benefits are not being reaped anymore, it's probably time to try something new.

The benefits are undeniable. Having a morning routine could be the thing that takes you from a procrastinator to a performer. Try not to listen to people or websites that tell you exactly what to do or exactly when to wake up. What works for them will not necessarily work for you, which is why it's important to craft your own routine using the guidelines that have already been given.

The idea of increasing your productivity by waking up early, eating healthier and writing more sounds great, but the sad reality is that it rarely works out that good. Even when you want to do better, you might find yourself, sleeping in more. You're skipping breakfast, you stop exercising and you're back to your unhealthy habits.

## 7

### **PROBLEMS THAT CAN THROW YOU OFF**

At this point, you must love the idea of a solid routine that can make you have an energetic, clear-minded and productive day, but the truth is, in the process of trying to build one, there are some problems that you might encounter.

#### **YOU CAN'T SEEM TO GET UP EARLY**

You've read about how an early rising that helps you get a headstart on the day but it's so hard to leave the comfort of bed every morning. Worse still, you may not even be getting enough sleep at night. Your morning routines depend on you to get up earlier, whether it's reading or exercising, your morning routines will not have the desired effect if you rush through them just because you woke up late and are trying to make up for the time. Sometimes even though you mean better, you end up getting up later and then your routine becomes counterintuitive because you're stressing to complete it. Instead of helping you de-stress, it becomes a part of your stress.

#### **YOU LOSE MOTIVATION**

After a few weeks of doing your routine and reaping its benefits, it is very possible that you will become bored with it. You no longer feel the need to continue with your routine – in short, you lose motivation. It can help if you look at your routine in the following terms: not as some fancy fad that could go away with the trends but as something that is a slow lifestyle change. With that in mind, you don't have to do every single morning activity you find online. Instead, to prevent boredom, you can take things one step at a time. Start with something simple like reading your favourite book, when you get comfortable with that you can add something to it such as jogging. This way, you don't have to take on more than you can chew but rather you'll be changing your habits, subtly and slowly.

## **YOUR JOB GETS IN THE WAY**

You've gotten used to waking up as early as six in the morning, yet for some reason, you still don't have enough time. This isn't very uncommon. It could be because you do not have a steady schedule. No matter how prepared you are for a day, there are a thousand and one unpredictable things that could happen. You could get an unexpected work email or a deadline you have to meet or some other work-related issue to solve. As a result of this, there are many aspects to your routine that you may not be able to perform. Don't fret. Instead of trying to check off everything on your routine, you can focus on the ones that have the most impact on your day.

## **8**

### **THINGS TO CONSIDER**

There is no sugarcoating this: starting a morning routine will be hard. It is not easy completely redefining how your morning goes. Your body and your mind need to get used to it and for a while, you may be tempted to give up. However, if you are determined to still see this through, here are some things to keep in mind:

**FORGIVE YOURSELF:** At first, things are not going to be easy. If you fail the first couple of times, don't be too hard on yourself. If you didn't wake up at six or you cheated on your diet, it's fine. Creating a habit starts off with a few mistakes. You can still accomplish things even if you didn't do your routine. It's impossible to get it right all the time, just try to stay focused on the outcome you want.

**EXPERIMENT:** Earlier on, we talked about the morning routines of some of the world's most successful people. We also emphasized how copying their routines verbatim will not work for you because they have personalized their routine for them. You need to make a routine that works for you. Go online, ask others, read books and come up with what works for you. If at first

it doesn't seem tailored to your personality, you're allowed to try again and again until you find something.

**BE GENUINE:** Be true to yourself. Don't put yourself under too much pressure. Understand the reason you want to have a routine and be true to that.

## 9

### **BREATHING EXERCISES**

In this chapter and the chapters that follow, the most common morning routines will be thoroughly examined. First off, we have breathing exercises. Breathing exercises are a way to relieve anxiety and promote good sleeping habits. Dedicating at least a minute a day to perform a breathing exercise can make a big difference if you make them a part of your daily routine. Try taking in a deep breath right now and then let it out. You should be a notable difference in the way you feel.

Studies show that deep breathing techniques have a positive effect on a person's stress levels. Some benefits of breathing exercises include:

- 1) Reduced anxiety levels
- 2) Prevents migraine
- 3) Leads to better stress management
- 4) Reduced fatigue
- 5) Reduced hypertension
- 6) Lowers the blood pressure

The beauty of these exercises is that it can be combined with other components of your routine, especially if your routine consists of yoga and meditation. The goal of meditation and yoga is to



be calm and relaxed and they go hand in hand with breathing exercises. In fact, it's usually recommended to perform breathing exercises before doing yoga in order to become focused and aid concentration.

Before you get started here are some things you to know:

- 1) Be comfortable: Choose a good location to do your breathing exercise. Try a place where you can feel relaxed if you share a house with someone this can be away from other people present in the house. You can do your breathing exercises in bed, in your living room or a comfortable chair.
- 2) Try not to stress out too much about if you're doing it right or not. Overthinking can make you overwhelmed which makes the breathing exercise counterintuitive.
- 3) Try to do it around the same time every day. This is so you can turn it into a habit and reap the benefits much better.

Breathing exercises take only a few minutes. During the week, when you have work or school, you can inject just two minutes of these exercises into your routine. If you have more time, you can do as much as ten minutes to get much better results.

## HOW TO PERFORM DEEP BREATHING EXERCISES

Most people make the mistake of taking short, quick breaths when they want to perform breathing exercises. This is wrong and it can leave you feeling lightheaded – it could even lead to fainting. It could make you anxious and it zaps you of energy. This technique will show you how to take in bigger air, deep into your belly.

- 1) Get comfortable: This has to be stressed upon again. Pick a position that doesn't put too much stress on your muscles. You can lie on your back in bed or on the floor or on a chair depending on what works for you.
- 2) Breathe in through your nose and feel your tummy inflate with air.
- 3) Breathe out of your nose slowly
- 4) Now, place a hand on your tummy and place another on your chest

- 5) When you breathe in, feel your tummy rise. When you breathe out, feel it lower. Use the hand on your belly to take note on how much air you're taking in. The hand on your belly should move out more than the one on your chest.
- 6) Take three final deep breaths.

Controlled breathing exercises can help keep your mind and body in shape by helping to lower blood pressure, promote feelings of calm. Though the long-term benefits of breathing exercises haven't been studied at length, many experts do recommend using your breath as a means of increasing mindfulness and setting yourself on the path to Zen.

## 10

### **THE POWER OF VISUALIZATION**

Visualization techniques are used by the world's most successful people to imagine their desired goals and desires. This technique has given them the ability to attack their goals and create their dream lives by accomplishing one task at a time with focus and confidence. Visualising your dreams every day as already accomplished can greatly improve the probability that your dream and ambition will be achieved.

Using visualization to achieve your goals can lead to the following four benefits:

- 1) It applies the law of attraction into your life: The law of attraction says that you will attract into your life whatever your mind focuses on. What you put your attention and energy to will come back to you. Visualisation activates the law of attraction and draws into your life the people and resources you will need to achieve your goals.
- 2) It makes your brain recognize the people and resources you will need to achieve your goals.
- 3) It activates your inner determination. You get the inner motivation to achieve your goals.
- 4) It boosts your creativity allowing you to generate creative ideas to achieve your dreams.

Visualization is a very simple process. You get into a comfortable position, relax and close your eyes and imagine in vivid detail what you would be looking at if your dreams come to fruition. All you have to do is set aside a few minutes a day. The best time is just after you wake up and

after meditation. After meditation and when you first wake up, your mind is clear and you're more relaxed, making it easy to actually see what you want to achieve.

A very powerful visualization technique you can use is to create a picture of yourself with your goal like it's been completed. Let's say your goal is to go to Bora Bora. Find a picture of a place in Bora Bora, cut out a picture of you and place it in the picture. Put that picture in a place where you will see it constantly. If you want, you can meditate on that.

It is not enough to just visualize your goals but you also need to expect your amazing results. The power that visualization has, lies with your ability to not just believe that what you want will come true but to also actively work towards achieving it. With time, your mind will become fully invested in this process that can change your life.

## 11

### **A COLD SHOWER**

No, this isn't to help you get rid of your libido, if that's what you're thinking. We mean actually showering with icy cold water. You're probably getting chills right now at the thought of an icy cold shower (It's not exactly a nice experience) but you really should give it a chance. Here's why:

- 1) Coldwater can improve your circulation: Yes, it sounds strange but cold showers can actually improve circulation. The way it works is that it increases your body's demand for oxygen which leads you to take deeper breaths. Deeper breaths mean more oxygen for the body which improves blood circulation and fights off fatigue.
- 2) Improves metabolism: How? Well, taking a cold shower twice a week has been shown contribute to increased metabolism. Over time, it can even help you deal combat obesity if you're interested in weight loss. Research on how that is possible is still really unclear but cold water can heal the gastrointestinal system and balance hormone levels, therefore, adding to its ability to lead weight loss.
- 3) Increased Endorphins: A method of treating depression that's gaining more and more traction is hydrotherapy. A study showed that taking a cold shower for up to five minutes twice a week can relieve some symptoms of depression. Sufferers of depression benefit from cold showers because the water sends electrical impulses to the brain, jolting your system to wake you, increase your mind's clarity and your energy levels. Endorphins

a.k.a happiness hormones are also released during this time, leading to increased feelings of optimism.

- 4) Boosts immunity: This one might seem a little far-fetched but it really isn't. The human body has leukocytes that are part of the body's immune system. They help the body fight off infection. The shock of cold water stimulates the production of leukocytes in the bloodstream. This means that taking a cold shower can help the resistance to illnesses such as the common cold.

Of course, this doesn't mean that cold showers can cure any condition. They're to be used to supplement more conventional treatments, not replace them. Don't stop taking medication because you believe cold showers will fix you. See a professional if you're suffering from depression and other diseases.

## 12

### **MEDITATION**

Meditation is a process which leads you to enlightenment. The goal of meditation is to train your mind to focus better and be thoughtless. It heightens your attention and awareness. A lot of our favourite celebrities pretty much meditate, from Oprah Winfrey to Katy Perry and even your favourite tech giants.

How to meditate? It's not that difficult, really. Try closing your eyes for a few seconds and focus on your breath – no, not yet, you can't read the rest of the instructions with your eyes closed! Breathe in and breathe out. Do you feel a wave of calmness wash over you? That's the goal of meditation. It may seem ridiculous at first and it can feel like you're not doing it right, but meditation can really change your life.

People meditate to reduce stress levels. Elevated levels of stress cause an increase in the stress hormone cortisol, causing many harmful effects related to stress. This can lead to depression, disrupted sleep schedules, an increase in blood pressure and it promotes anxiety. People who engage in "mindfulness meditation" were known to have reduced levels of stress. Meditation reduces anxiety and the tendency to overthink. There are so many different types of meditation that can help to reduce stress; finding out the one that works for you (just like your routine) is the key to a fruitful day.

Meditation is a great tool to increase your general sense of wellbeing. Yoga helps individuals to connect with themselves and the world around. Meditation is an important aspect of yoga; meditation puts your mind in a relaxed state which is important to achieve good results out of a yoga session. Practising yoga and meditation leads to a greater sense of empathy, which plays a major role in strengthening relationships.

A type of meditation called “Focused attention meditation” increases the capacity for human memory and boosts your attention span, improving your ability to maintain your attention. It’s no surprise then meditation increases your creativity and reduces memory loss.

Your ability to feel pain is connected to whatever state of mind you’re in. So when you’re in a stressful situation, you’re more likely to feel pain. Meditation can reduce the ability to feel mental and physical pain by putting you in a relaxed state of mind. In a study of people who meditate regularly and those who don’t, when exposed to the same cause of pain, people who regularly meditate were reported to feel less pain compared to those that didn’t meditate.

The good thing about meditation is that it can be done without special equipment. This means it can be done pretty much anywhere: in your car, in the shower or in your office space before the start of your day. Meditating a few minutes a day can greatly increase your outlook on life; all you need to do is find a technique that works best for you.

## 13

### EXERCISE

Exercise is a physical activity that raises the heart rate. What makes that physical activity exercise is that it is done with the intention to preserve both physical and mental health. Exercise can range from walking to cycling or weight lifting. Whatever type of exercise you prefer to engaging, regular exercise has a lot of benefits for both the body and mind.

There are three types of exercise, namely:

- 1) Aerobic
- 2) Anaerobic
- 3) Agility training.

**AEROBIC EXERCISE:** You probably remember this term from high school physical education. The aim of aerobic exercise is to improve the way your body uses energy and requires more

oxygen to be taken in. A typical aerobic exercise session involves warming up, exercising for fifteen to twenty minutes and then cooling down for five minutes at a time. Aerobic exercise works by maintaining an average level of intensity over a short period of time, focusing on the large muscle groups. It provides the following benefits:

- 1) It can lower your blood pressure
- 2) It can boost your life expectancy
- 3) Improves the muscle strength of the lungs, heart and the entire body
- 4) Improves the circulation and blood flow in the muscles
- 5) Encourages the intake of oxygen throughout the body
- 6) Stimulates bone growth
- 7) Improves the quality of sleep
- 8) Enhances stamina.

**ANAEROBIC EXERCISE:** Anaerobic exercise, like the name implies, does not use oxygen as fuel. This type of exercise is used to build power and strength. When you think of it, it's pretty much the reverse of aerobic exercise, including the performance of physical activities that have high levels of intensity that do not typically last longer than two minutes. Anaerobic exercises include:

- 1) Sprinting
- 2) Intense jump roping
- 3) Weightlifting

When you exercise, your heart rate increases and you take in more air essentially giving your heart and your lungs a workout. This is beneficial in the long run. You use less calories if you perform an anaerobic exercise than you would if you did an aerobic activity. Activities like sprinting and weightlifting, build muscles and improve strength.

**AGILITY TRAINING:** Agility training improves a person's ability to maintain control during motion. Agility training is used in games like tennis. It helps a player maintain control by allowing them to make quick recoveries after every shot.

The following sports require agility and, by extension, agility training:

- 1) tennis
- 2) hockey
- 3) badminton
- 4) basketball
- 5) soccer
- 6) wrestling

Lack of exercise can put you at risk of type 2 diabetes, cardiovascular disease and osteoporosis. It can also contribute to an increased risk of obesity.

Here's where we're faced with another issue: how do you find time for exercise?

Telling you that doing so would be easy would be flat-out lying. Finding a way to fit exercise into a busy day can be an obstacle. You don't need to dedicate long amounts of time to exercise as doing this can get in the way of your morning routine. A great way to do this is to integrate at least five minutes of exercise into your morning routine. Other great tips to get more exercise if you have a busy schedule and can't work out first thing in the morning include:

- 1) Ditch the car. Is driving to the grocery store really necessary? If not, try swapping out car rides with bike rides to get more exercise. It wouldn't hurt to jog around, even – anything to get your muscles pumping like pistons! Besides, you'd be saving money by not driving.
- 2) Try walking up and down the stairs as often as you can instead of taking elevators. Why stand in a metal car when you could take the stairs? Think of all the exercise you would miss out on if you took the elevator. By taking the stairs, you can carry on with whatever task at hand while exercising at the same time.
- 3) Reduce the amount of time spent watching television and avoid binge-watching TV shows and if you do, take small breaks to perform light exercises such as jumping jacks in order to boost circulation throughout your body.

Exercise is something that needs to be incorporated into your day slowly otherwise your body will pay for it. Drink plenty of water during and after exercise and check with a doctor if you have a health condition or injury that could impact exercise or that can prevent you from exercising. Any form of physical activity at all is better than none if you have an inactive lifestyle. Combine aerobic and anaerobic exercise to get the best results. Exercise can be difficult to maintain, but then again, what big lifestyle change isn't?

## 14

### **POWER-WALKING**

Those old ladies you see power-walking on the streets occasionally? They're not playing around. Power-walking has its focus on speed and the motion of the arms as a way to improve health. If you do it right, power walking can be good for your cardiovascular health and emotional well-being. A good power walking technique is important if you want to maximize benefits and prevent injuries to your body.

Here are some good guidelines to follow if you want to add power walking to your morning routine:

- 1) Be mindful of your posture: This is highly crucial. The whole point of power-walking is to provide your body with benefits, so why damage it further with terrible posture? A certain posture is to be maintained whenever you're power-walking: keep your eyes forward, your shoulders back, and your head upright. Engage your core muscles by sucking in your belly. Try not to slump forward and if you notice that you are, correct yourself.
- 2) When you take a step, make sure to land on your heel and proceed with the soles of your feet. A very common mistake people make when power-walking is that they shift their hips from one side to the other, your hips should be moving forward.

Yes, you're learning to walk from a book. Nothing strange about that.



It's great that power-walking has so many benefits. It doesn't require any special equipment or gym membership and you don't have to be athletic to do it. Power walking can help lose weight and burn belly fat. Numerous studies have shown that power walking reduces the risk of high blood pressure and diabetes. Power walking is also good for your bones and can prevent osteoporosis (that's why so many old people like doing it).

An hour of power-walking a day keeps disability away...well, it does, in people who have symptoms of joint problems such as rheumatism in their legs and hips. It also helps with your faculties, boosting memory and allowing for better concentration. It can reduce anxiety and increase self-esteem. Plus, it's cost-effective. You don't have to have a gym membership to do it. It's a great way to see the outdoors and reduce your carbon footprint.

## 15

### JOURNALING

Journaling is more for your mind than your body. Rather than help you burn calories and get you to your workplace without having to pay for a train ticket, journaling helps you record your memories or find self-expression. Benefits of journaling include:

- 1) **STRESS-RELATED:** We've emphasized how damaging elevated levels of stress can be.. Journaling is a great way to manage stress though. It's a relaxing activity that studies have shown can lower the blood pressure. Plus, writing about the hard times you've had can be a good way to help you approach situations in positive and beneficial ways (It's also great for visualization). Try writing in your journal when you wake up in the morning, and notice how relaxed you are
- 2) **EMOTIONAL:** A relationship to mood is how journaling benefits overall emotional health: as you continue to journal, you become more in tune with your needs and desires.

Journaling can make you more empathetic and can help writers develop their skills, people become in tune with their health by connecting with deepest needs and desires. Journaling is a good way for you to track and progress by keeping your goals in mind and recording your achievements.

- 3) IMMUNITY: You're probably raising your eyebrows at this one. Writing in a book helps with your immunity? Short answer: *yes*. Believe it or not, Journaling can, in fact, make one less likely to become ill. Studies show the development of the immune system as a result of journaling. It has been shown to improve liver functioning and combat some diseases.
- 4) MEMORY: Journaling keeps your brain in top shape. Think of it as an opportunity to exercise your brain. Not only does it boost memory but also comprehension skills. Do you also want more sunshine in your life? Try journaling! A social outcome of journaling is that it can improve your mood and give you a greater sense of overall emotional well-being and happiness.

Journaling is good for you in all aspects, but there might be times when you find yourself stuck and staring endlessly at a blank page. Well first of, don't feel too bad that you can't seem to get inspired. You can start with just a single line or detail about what you had for breakfast. Forget about perfect punctuation or grammar, you're not trying to write a bestseller. Just express yourself. This is for you and your health.

## CONCLUSION

A morning routine allows you to make the most out of your day. Instead of waking up stressed and fatigued, you can ease yourself into the day. Going through our day and seeing ourselves complete tasks and achieve goals can leave us feeling much better about ourselves and what we can achieve. Having a morning routine relieves you from the stress of having to worry about what you need to do everyday. When you wake up, there's already a guide on how to start your day. It gives you structure and organizes your life so that it makes more sense to you.

Here's an easy routine guide for you to follow if you want to get started:

- 1) Five minutes of exercise

- 2) 1 minute of breathing exercises
- 3) 20 minutes of meditation
- 4) 15 minutes of visualizing the perfect day
- 5) Write in your journal
- 6) Have a cold shower
- 7) Take a fifteen-minute walk outdoors
- 8) Drink a smoothie

Of course, the best routine is the one that is tailored to you and your needs. Keep that an ideal routine caters to your mind, body and your business. An ideal routine is one that leaves you feeling refreshed and relaxed, ready to start the day on the right foot. The key to conquering your day is seizing your morning. Now that you know all this, why don't you get a pen & paper and start making your morning routine, it's going to be a painful start but with each win, it will get easier.



[Miracorreainstitute.com](http://Miracorreainstitute.com)