

# MORNING SUCCESS

## ROUTINE

wake up 1 hour earlier than you need  
waking up early means you are not rushed and  
have plenty time for your new morning routine.  
One important tip - DO NOT look at your phone  
or answer any emails until you have completed  
your routine.



drink a glass of water with lemon  
start your day by re-hydrating and cleansing  
your body

### affirmations

take 15 minutes to do your  
affirmation and really feel the  
words

### visualise

take 15 minutes to visualize  
your goals, feel them, walk  
through a typical day in your  
new life

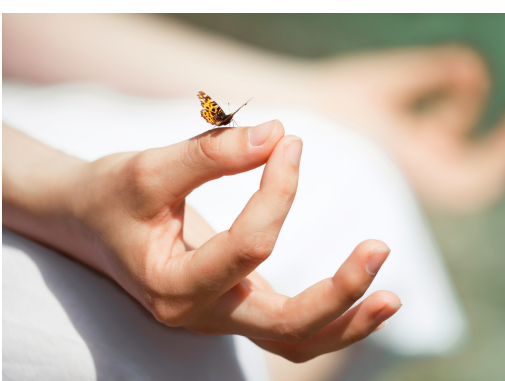
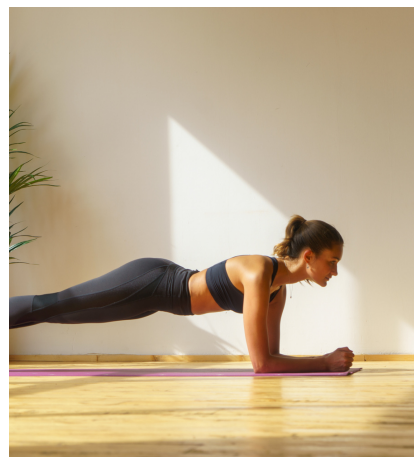


### reading

READ 10 PAGES OF A PERSONAL  
DEVELOPMENT BOOK, FEED YOUR MIND

### exercise

Take 15- 30 mins to exercise,  
go for a walk, run or jog,  
stretch or do some yoga



### meditate

SPEND 5 - 10 minutes quietening your  
mind