



WAKEUP+GO: Supercharge Your Productivity, Sanity, and Health with an 8- Minute Morning Routine



Welcome!

About Megan



- Owner, The Lyons' Share Wellness
- Education
 - Harvard University: BA, economics
 - Kellogg School of Management: MBA
 - Health Coaching Certification (Institute for Integrative Nutrition)
 - Master of Science, Holistic Nutrition (Hawthorn)
 - Board Certified Holistic Nutritionist (HNCB)
 - Board Certified Clinical Nutritionist (CNCB)
 - Doctor of Clinical Nutritionist (University of Western States), cand.
- Learn more:
 - @thelyonssshare Instagram
 - Wellness Your Way Podcast

Collective deep breath



- Take a deep breath
- Let's be present together for this time

Agenda

- The power of a morning routine
- Addressing the doubts
- 8 well-researched components of a morning routine
- Practice: Change your life in 8 minutes!
- Commitment, closing, Q&A

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We've all heard about it...

- Many of the world's most successful people (from Oprah to Barack Obama, from Tim Ferriss to Richard Branson) swear by a morning routine!
- It's accessible, customizable, and helpful ... yet it often ends up on our “should do this in the future” list



Increasing odds of success

- In order to be successful with a morning routine, we must:
 - WANT to complete it
 - UNDERSTAND how to work it into our lifestyles
 - COMMIT to making it a habit
- We'll do all of those today!



It's all about the benefits

- How do we WANT to do a morning routine ... when bed is so warm and cozy?!?
- By understanding and believing in the benefits



Some of the (numerous) proven benefits

- Increased productivity, concentration, and focus
- Increased energy
- Better overall health
- Improved goal attainment
- Reduction of NTFM Syndrome
- I have seen these firsthand in my own life and in the lives of thousands of clients

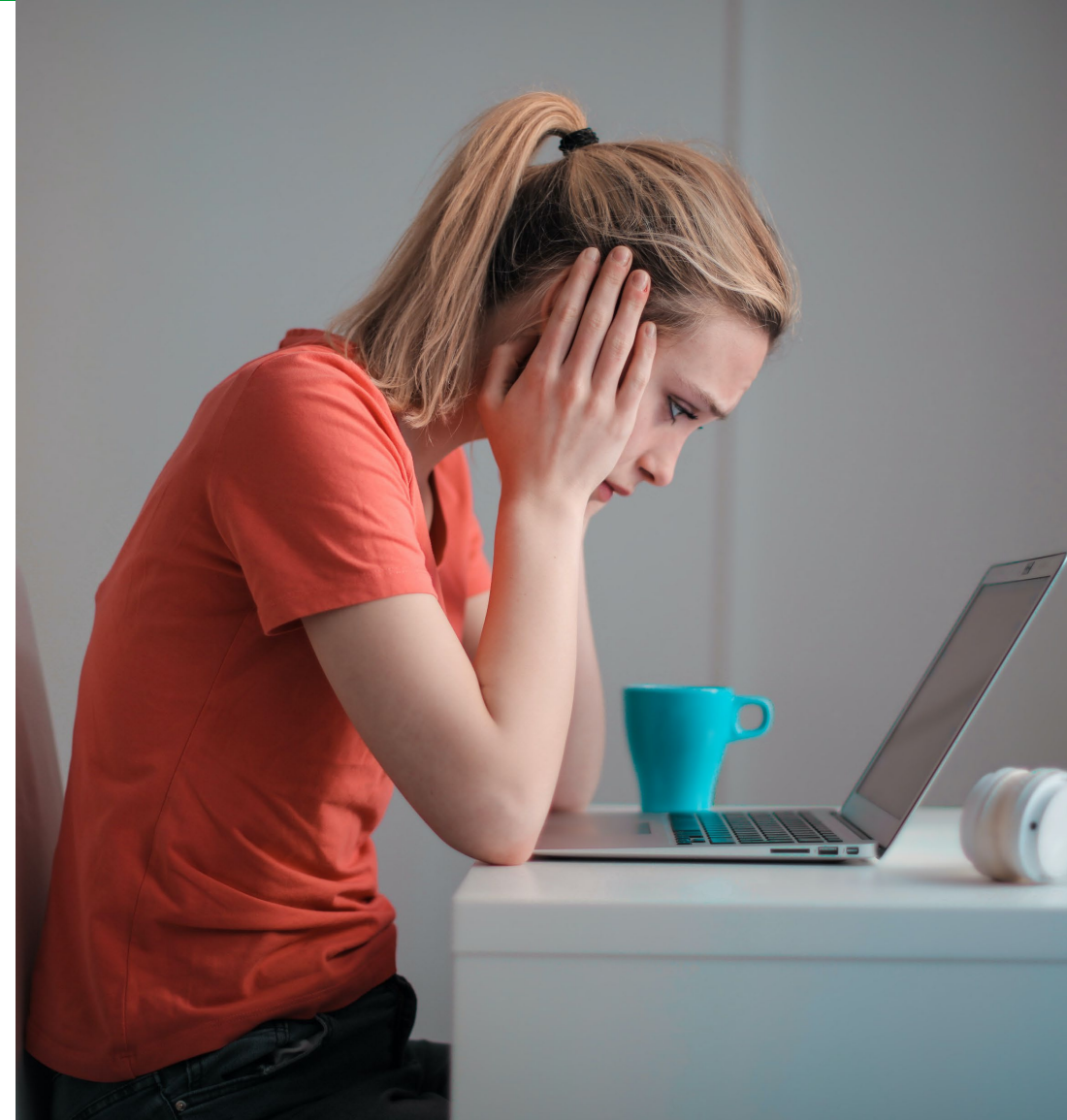


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Objection #1: Habit

- “I want to do it the night before, but I just forget and dive right into work...”
- You haven’t *committed* to yourself
 - Self-accountability bank
- Set up your environment to facilitate your goal
 - Post-it note on phone or toothbrush



Objection #2: Snooze

- Those 9 minutes are so detrimental!
- Permanently disable on phone



Objection #3: It seems fluffy

- Trust me, I get it!
- Once you feel the benefit, you won't want to go back!



Objection #4: I don't have time

- I've outlawed these words from my vocabulary
- We all have 168 hours in a week ... can you give yourself ONE?
 - Average social media user spends 2 hours 31 minutes per day and 2 hours 28 minutes watching TV per day
- The result is a *noticeable* increase in productivity and *more* "time power" through the rest of the day
- The legal profession is incredibly demanding. AND I've had many attorney clients successfully implement the 8 minutes!



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WAKEUP+GO

- After researching via hundreds of books, podcasts, articles, and other resources, I've identified the top 8 most effective habits of a morning routine
- All you need to remember is: WAKEUP+GO! (1 minute on each)



WAKEUP+GO: 8-Minute Morning Routine

Water

- 75% of Americans are chronically dehydrated
- I love coffee, too, but...
- Benefits for digestion, energy, detoxification, and metabolism
- **W habit: One full glass of water first thing in morning**



Affirmations

- Research has proven benefits for lowering stress and rumination, increasing goal achievement
- Not (necessarily) the hokey kind
- Think of it like repeating your goals
- 60,000-80,000 thoughts per day ... keep what's important top of mind
- **A habit: repeat 3 positive affirmations**



Knowledge

- Reading a few pages per day has been shown to:
 - Increase fluid intelligence
 - Boost brainpower
 - Reduce risk of Alzheimer's
 - Reduce stress
 - Increase memory
 - Increase focus
- Not work related!
- **K habit: read 2 pages of an educational, non-work-related article, OR listen to a podcast**



Exercise

- Exercising by 7am has been linked to deeper, faster, and longer sleep
- Movement gets blood and lymph flowing and increases metabolism
- **E habit: 1 minute of stretching, jumping jacks, squats, push-ups, plank, or burpees**



Unwind

- Initial cortisol increase can be jolting if stress response is heightened
- Tim Ferris showed that 80% of high achievers do daily meditation
- Numerous benefits, including:
 - Reduced stress and anxiety
 - Increased attention span and focus
 - Increased empathy
 - Improved quality and quantity of sleep
 - Reduced pain and blood pressure
- **U habit: 1 minute of breathing, prayer, meditation, or journaling**



Positivity

- Let's face it, we don't all bounce out of bed excited for every single aspect of every single day
- Wharton study shows that how we feel in the morning impacts how we feel the rest of the day
- We can change how we feel!
- **P habit: listen to 1 minute of a positive song or read a positive quote**



Gratitude

- The benefits of gratitude are mind-blowing, and include:
 - Reduced clinical depression
 - Increased overall life satisfaction and happiness
 - Increased quality of sleep
 - Improved self-esteem
 - Increased overall *physical* health
- **G habit: write 3 things you're grateful for. Try to be specific!**



One goal

- We all have unending to-do lists
- We often focus on what *doesn't* get done
- It's so easy to do all the *unimportant, urgent* tasks to get the dopamine hit of accomplishment
- Often, we end the day feeling unproductive and discouraged
- Identifying and accomplishing your #1 goal is an antidote!
- **O habit: write down your #1 goal for the day**



Here's the kicker

- Doing this (yes, all of this!) *before* checking your phone will lead to the highest impact!



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Water

- **W habit: One full glass of water**



Affirmations

- **A habit: repeat 3 positive affirmations**
- I am committed to being the best version of myself today
- I can stop the spiral of anxiety by focusing on a few deep breaths at any moment
- My well-being matters. I deserve 8 minutes per day for me. It is not selfish, unproductive, or silly to focus on setting my day up for success.



Knowledge

- **K habit: read 2 pages or an educational, non-work-related article, OR listen to a podcast**
- Today, I'll read you a page!



Exercise

- **E habit: 1 minute of stretching, jumping jacks, squats, push-ups, plank, or burpees**
- Whatever you are able!



Unwind

- **U habit: 1 minute of breathing, prayer, meditation, or journaling**
- Let's breathe together, and try to make your exhales longer than your inhales



Positivity

- **P habit: listen to 1 minute of a positive song or read a positive quote**
- Today I'll read a quote for you



Gratitude

- **G habit: write 3 things you're grateful for. Try to be specific!**



One goal

- **O habit: write down your #1 goal for the day**



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Your Commitment to Yourself

- Let's go through a commitment exercise together.
- I will wake up at ____ starting *tomorrow* to complete my 8-minute WAKEUP+GO morning routine.
- I am committed to trying this for ____ days.



Contact Megan



I'd love to continue to support you or connect with you in another forum.

- www.TheLyonsShare.org
- Megan@TheLyonsShare.org
- Instagram: @thelyonsshare
- Wellness Your Way podcast

Questions?

Thank You!