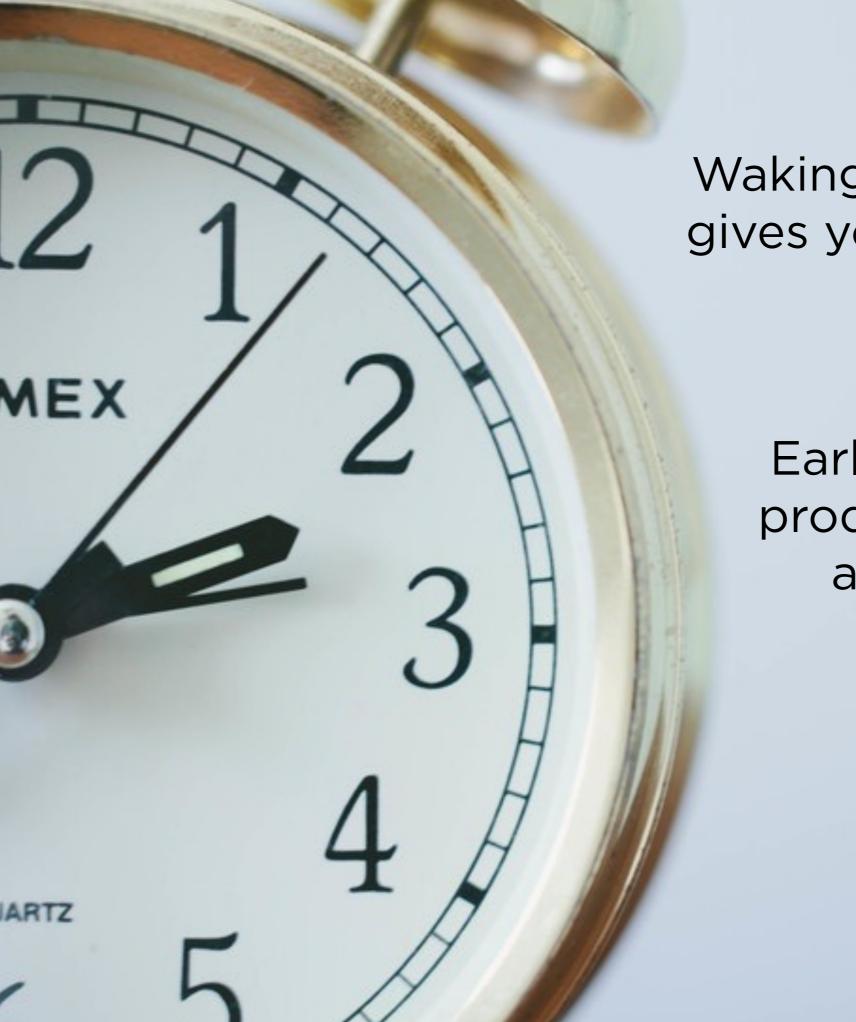




Waking Up Early

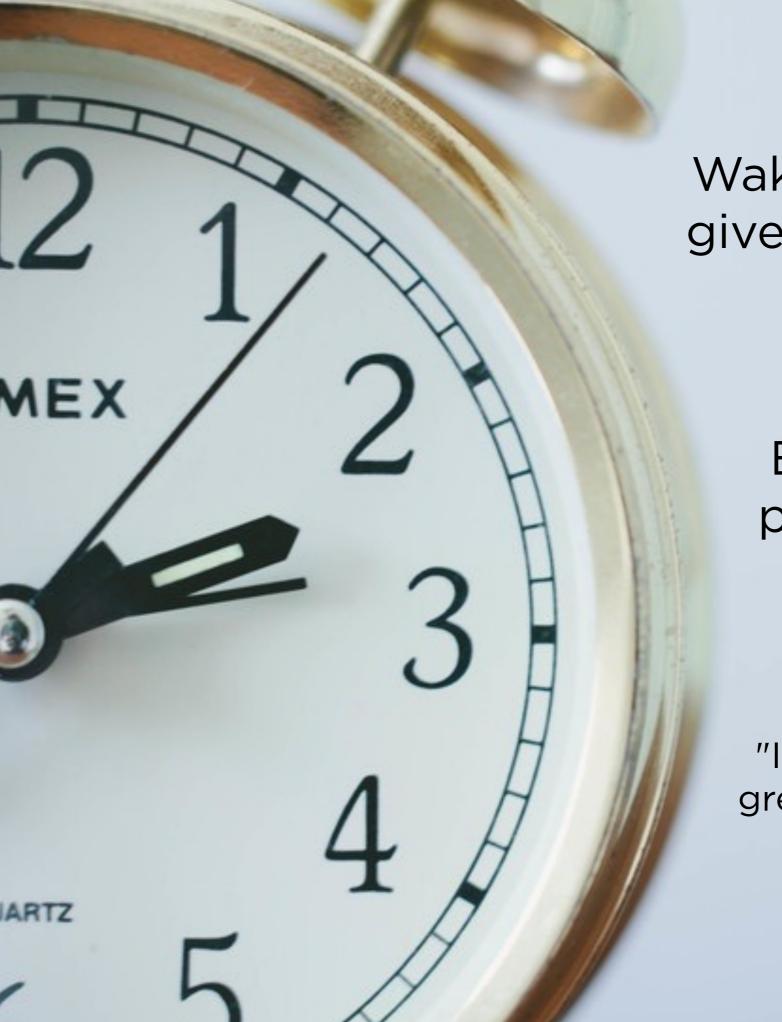
"Wake up early and tackle the day before the day tackles you." - Evan Carmichael





Waking up one hour earlier gives you fifteen more days each year.

Early risers are more productive, balanced, and stress-free.



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"I never knew a man come to greatness or eminence who lay abed late in the morning."

– Jonathan Swift

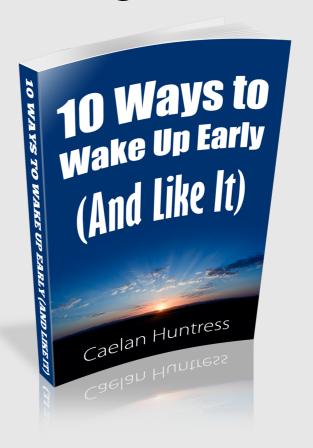




TWITTER: @CAELANMAC

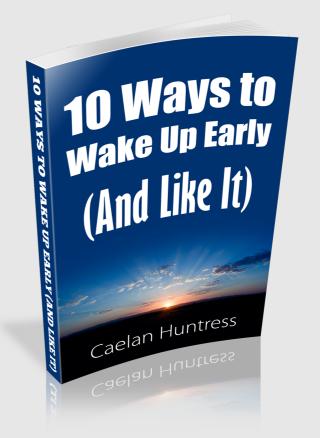


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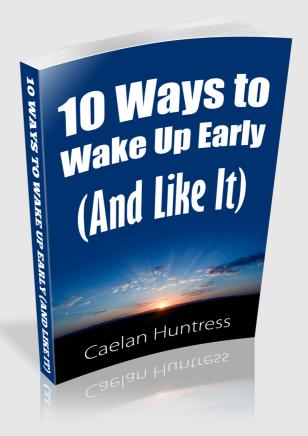
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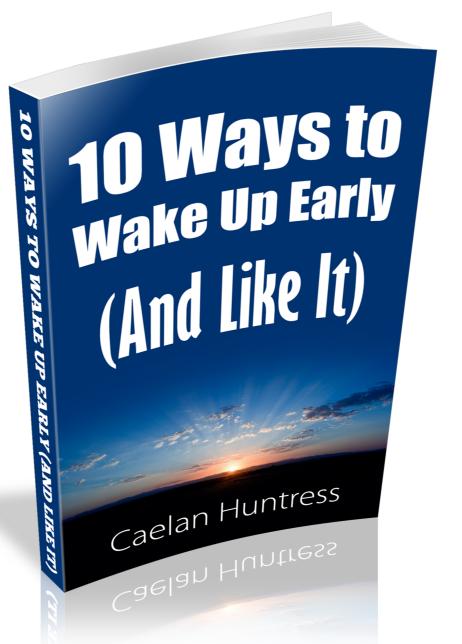


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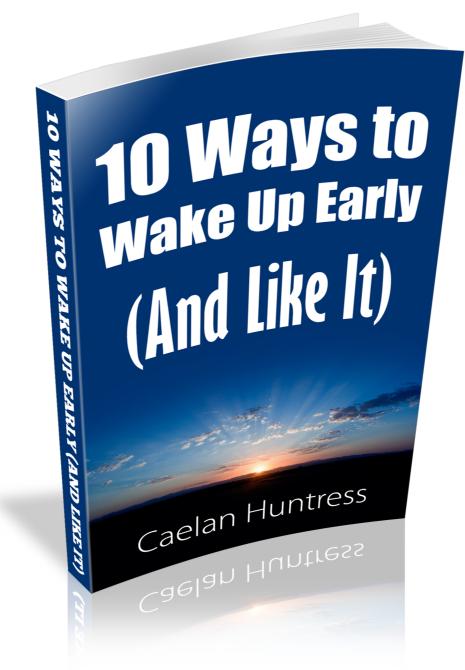
"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

-Aristotle





http://HabitsOfExcellence.com

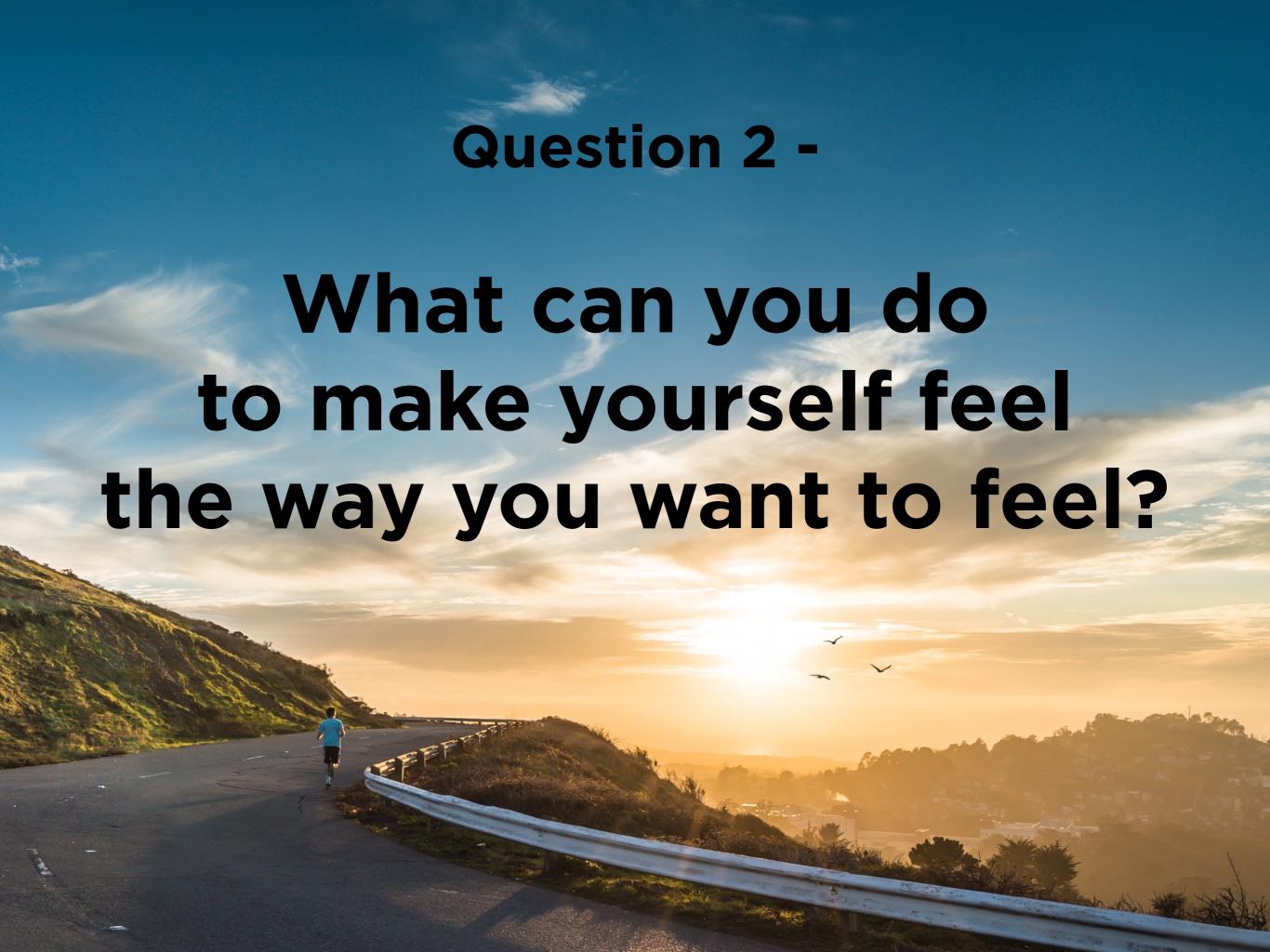


3 Questions:

Question 1 -

How do you want to feel when you start your day?





Question 3 -

Are you willing to do what it takes to feel this way every day?







EVENING FORMULA

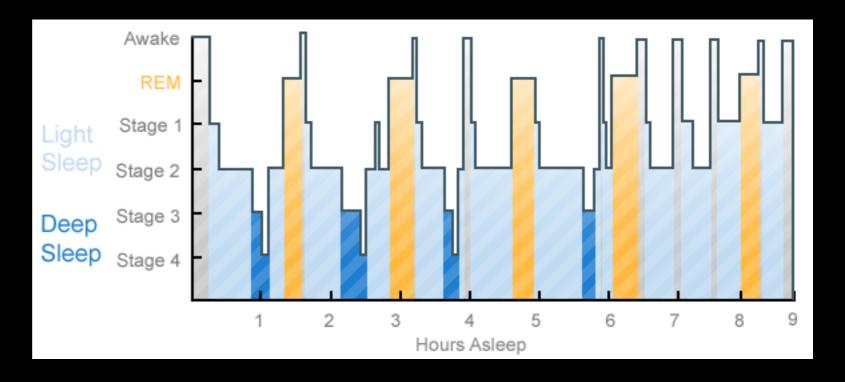
Calculate When to Go To Sleep

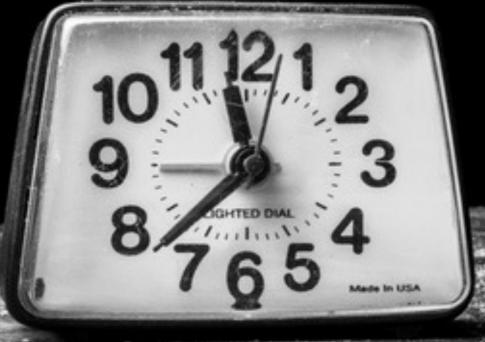
(Time to Wake Up)

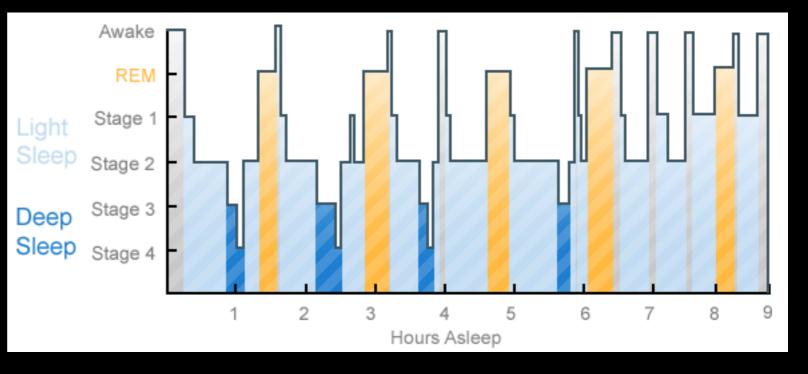
- (length of Sleep)

= Bedtime



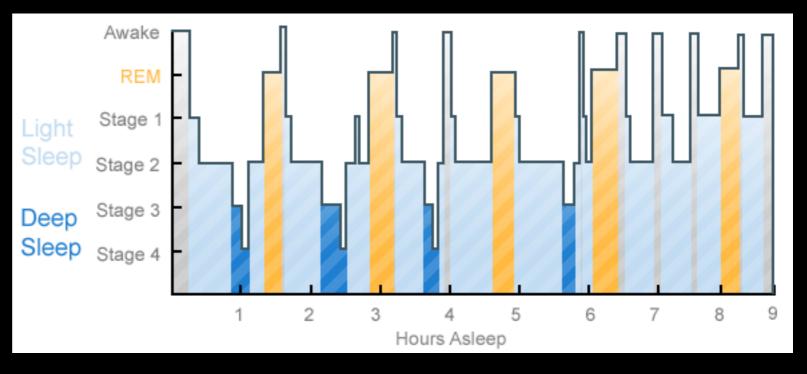








3 Hour Cycles





3 Hour Cycles 3, 6, 9 hours

EVENING FORMULA

Calculate When to Go To Sleep

(Time to Wake Up)

- (length of Sleep)

= Bedtime

MORNING FORMULA

Calculate When to Wake Up

(Time to start your day)

- (length of your Morning Routine)
 - = Wake Up Time



30 MORNING ACTIVITIES

TO START A DAY OF POWER

30 MORNING ACTIVITIES

TO START A DAY OF POWER

1.	Exercise	11.	Yoga Mat	21.	Review Vision Board
2.	Brisk Walk	12.	Qi Gong	22.	Tidy Up
3.	Cold Shower	13.	Visualization	23.	Make Your Bed
4.	Hot Bath	14.	Devotional Prayer	24.	Workout Routine
5.	Drink Lots of Water	15.	Study	25.	Prepare Breakfast
6.	Drink Coffee	16.	Meditate	26.	Read the Paper
7.	Hot Water and Lemon	17.	Count Your Blessings	27.	Eat Superfoods
8.	Journal	18.	Write a Letter	28.	Take Vitamins
9.	Priming	19.	Check Your Email	29.	Groom Yourself

20. Check Social Media

10. Pranayama

30. Recite Affirmations













ACTIVITIES

SONGS

1	
1.	

2.

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

1. _____

2.

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9.

10. _____

Morning Ritual:

- 1. Turn off alarm.
- 2. Push play.
- 3. Power Playlist.
- 4. Have a Great Day.

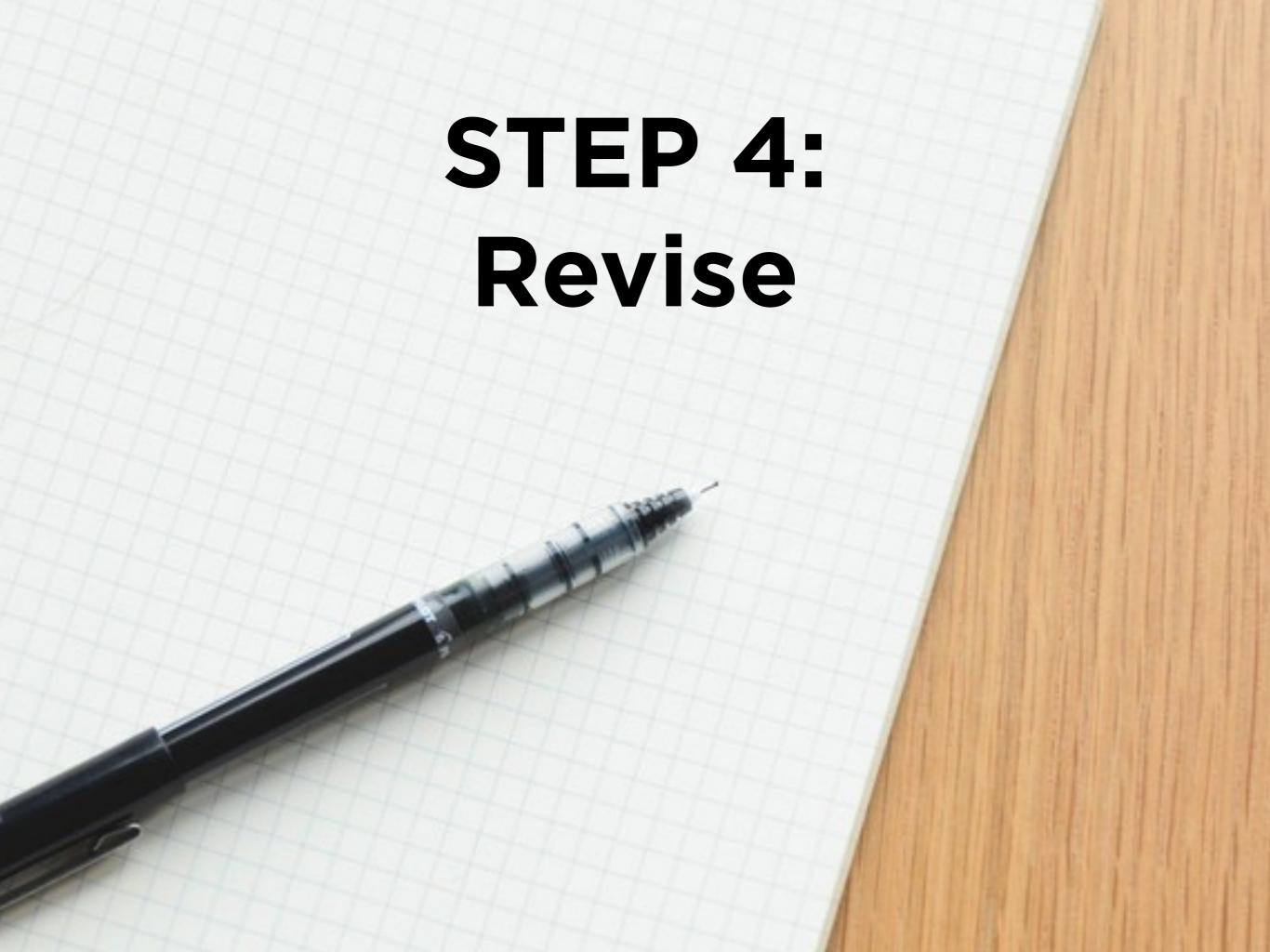


Your Morning Routine is the pulse of the life you want to live.











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