

The background of the cover is a lush field of yellow flowers, likely sunflowers and wildflowers, under a bright blue sky. The sun is visible on the left side, creating a lens flare effect. Several birds are flying in the sky, scattered across the upper half of the image. The overall scene is bright and cheerful, representing a positive morning atmosphere.

7 Morning Habits To Win The Day

by Carol L. Lawrence

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GOOD MORNING FROM CAROL!

Namaste Divine Beloveds,

Have you been thinking about improving the productivity in your work? Do you have an important project that you'd like to give your best shot? Are you wondering about how you can achieve your life goals and make your desires a reality?

Having a disciplined morning routine is a tremendously powerful tool to have in the arsenal of your life. Setting your intentions for the day is a major part of positioning yourself to win!

Start with a self audit. Nothing too deep. Just note your habits that work for you and the ones that don't. No self judgement. Have fun with yourself. Notice where you need more stability.

Some days adjusting your morning routine will be easy, others will be a bit more challenging. Life happens. Illness, grief, or maybe you're just not in the mood some mornings. I get it! But don't allow the tough days to distract or discourage you from achieving your divine purpose. Consider obstacles as opportunities to learn, see a new perspective, and pivot.

In little ebook, you'll learn some of the benefits of having morning habits that position you to win. So, what are you waiting for? Come with me and let's learn seven habits that will help you win your day.

WINNING THE DAY



"WIN THE MORNING; WIN THE DAY."

- TIM FERRISS

Winning the day means having things go your way. Some days everything will, other days maybe only one thing will. But having intentional and effective morning habits is the first step to positioning yourself mentally and spiritually to having things go your way.

YOU MUST BUILD A NEW PATTERN OR MENTAL EQUIVALENT FOR THE THINGS YOU WANT, AND THEN THEY WILL COME INTO YOUR LIFE.

— *Emmet Fox*

Simply add a disciplined morning routine, begin talking about it in a good way. You'll soon realize that you're gradually adding positive change into your life. What better way to *win the day* than having positive energy active around you.

When you wake up, *set your intentions for the day*. Think about the things you'd like to accomplish in the day ahead. With this as part of your morning ritual, you have the magic to flow into the day happier, more productive and confident to address tough challenges that come your way.

BENEFITS OF HAVING A MORNING ROUTINE?

Successful people have a morning routine. They have habits they've cultivated over time and made them part of their lifestyle.

There are so many benefits that you stand to enjoy when you have morning habits, and the good news is that if you do not have one, you can easily build one.

CORE BENEFITS INCLUDE:

1. SELF-DISCIPLINE

Self-discipline is perhaps one of the most important benefits you get by just having a morning routine and habits. In fact, according to so many philosophers, there is evidence that shows that having that **discipline of getting up every morning at the same time** is a good foundation to kickstarting a good day. It carries over into the rest of the days in the week, and then months and years.

When you enforce an act of discipline at the start of the day, you'll simply draw that discipline into various parts of your life. These include your mental focus, health, work, family, and diet among others.

2. TIME

The discipline of a morning habit and getting up early every day is one of the most practical aspects of extra time. In today's culture, time is considered the most valuable asset. Look at the success of the new time-saving technology like Uber, Amazon Prime, and Alexa's voice.

Getting up perhaps an hour earlier may give you that extra that can be channeled into doing something productive, something important you may have normally overlooked.

3. LIMITS PROCRASTINATION

Being rushed in the morning is simply unpleasant. Ever wondered why you feel rushed? Probably because you pressed the snooze button over and over until you're late (or almost)?

Maybe, you spent too much time trying to make breakfast or put together your lunch? What you wake up to is realizing that you did not allocate adequate time for these activities, possibly because you allowed something else to eat into their time.

Not having a morning routine simply throws off your internal clock. This often happens when you don't have a definitive *Wake-up/Get-up* time.

*When you choose to hit the snooze button, you are procrastinating
BEFORE you even get out of bed.*

This also applies when you put off tasks. Realize how toxic this can be for you. It induces stress and serves as a barrier to attaining your goals and reaching your productivity limit. It's important that you start creating reliable habits that are centered around your wake time so you set the tone for your day, hence eliminating procrastination.

4. HELPS LOWER ANXIETY

Waking up early boosts your productivity tenfold throughout the day. In fact, on the days when you get up as planned, you have ample time to ease into the day without the anxious rushing.

Stress is directly associated with increased levels of cortisol. This may lead to weight gain, anxiety, and several other health risks. If you have always been in "rush mode" in the morning, try doing things differently tomorrow. Simply get up earlier than usual and take your time to get ready. Then stroll out the door and get to work. This goes a long way in lowering the chances of being anxious and developing stress in the morning that secretly takes its toll on you throughout the day.

We're constantly seeking ways to maximize our potential and seizing new opportunities for growth each day. However, we must learn to adapt to changes that occur in everyday life so that we can eliminate the feeling of being overwhelmed, something that can strip us of continued productivity.

5. IT HELPS WITH MAJOR DECISION-MAKING

When you have a morning routine, you manage our time well. When there are important decisions to be made, you won't spend most of the time agonizing over everything. Agonizing can cause decision fatigue because of mental exhaustion.

You keep asking yourself conflicting questions that eventually flood your brain with unknowns. It attracts feelings of being overwhelmed, hence inhibiting your productivity. With a morning routine, you can eliminate this huge detriment from the rest of the day..

When you establish stable morning habits that you do not have to think twice about, your morning becomes much simpler creating room for your brain to make informed decisions that will position you for winning the entire day.

6. MENTAL TOUGHNESS

The society we live in today is soft and fragile. People try to find the easiest way out of every situation. What is necessary for growth is a challenging setting.

Yes, taking that easy way out can be rewarding in the short-term, but have you stopped to ask yourself what this means in the long-run? When you adapt yourself to the discipline of early rising every day, you develop mental toughness, you're adequately ready for any challenge that life throws at you. You will be standing when everyone else is not!

SEVEN MORNING HABITS OF WINNING THE DAY

Keep in mind that morning habits will set you up for wins throughout the day. Having a ritual that you stick to no matter what becomes engraved in your subconscious mind. This creates positive momentum, producing small wins ensuring you're steered in the right direction for the rest of the day and for the big wins ahead.

When morning habits are a lifestyle, you enjoy a path that's free of friction and strain. You start your day knowing that you're already a winner. For you to transform your life, you must first be willing to accept that habits can be replaced and that you have the power and responsibility to make a change to yours today. Start by thoughtfully designing your day so that you lay a strong foundation for a productive day.

PRODUCTIVE HABITS POSITIONING YOU FOR LONG TERM WINNING

HABIT 1: LOSE THE SNOOZE

Disabling the snooze button is saying, I'm getting up at the time I appointed. This is the time the "win" begins.

Each time your alarm goes off, tell yourself you are a winner by getting up and lose if you snooze.

HABIT 2: GET UP EARLY

It's important that you have a purpose for getting up early. Have your "To Do List" already prepared. Morning is the time when you're fresh, have the energy and are away from external distractions of the world. During this time, there aren't a lot of things competing for your undivided attention.

When you wake up earlier, you are at an advantage. However, if your wake-up time is 7 am, trying to wake up 5am instead can be challenging. If you want to get up earlier than usual, do it gradually.

MIND & BODY AGREEMENT

Establishing any discipline is a process and your whole body has to make the adjustment with you (your mind). Mind and body may not be in agreement at first.

Try starting 30 minutes earlier than normal, then progressively increase to an hour, an hour-and-a-half until you eventually hit your target. Just remember to be realistic in every step you take and make it count. Express gratitude to yourself each time you do it.

MAKE YOUR BED

This is something quite simple and quick. This is the second win to your morning routine. It simply adds a burst of achievement and productivity to your morning.

Why is this step an important part of your waking up? When you organize your environment, you're stimulating your mind to be organized too. It is a simple step that adds clarity and calm, ensuring that you can stay sharp throughout the day.

HABIT 3: SWEAT AND IMMERSE A POSITIVE STATE OF MIND

Fitness is a big part of a successful person's life. Engaging in simple morning cardio, push-ups, jog or sit-ups can help you kickstart your day in style. Regardless of what your fitness goals may be, working out as part of a morning routine is an excellent way to turn on your metabolism and brain. You will feel motivated, happy and full of energy that will steer you towards conquering the rest of the day and all activities that come with it.

After turning on your mind through physical exercise, it's important that you allow your mind to immerse in a positive thought process. Sit on a floor mat with your feet crossed, or on a chair. Do what makes you comfortable. Close your eyes and think about the things that will bring positivity to your day.

Do you want to be grateful, excited, focused, and inspired? Ask yourself these questions:

1. What am I grateful for this morning?
2. What inspires and excites me?

Inviting positive thoughts into your mind, rids you of sadness and anxiety. You're triaing your mind to look forward to the best that the day has to offer. You'll realize that, gradually, you're transforming into an enthusiastic optimist. By focusing on your top priorities each day, you allow yourself to make the most of your efforts and expertise and reaping tangible results.

DISCONNECT FROM THE WORLD

It's important to disconnect from the world around you. The best way to achieve this is by allowing yourself to reconnect with nature. Take a walk for 30 minutes in nature. This is one way to exercise mindfulness. During the walk, try to collect your thoughts and focus on the best parts of the day that's ahead. You can also do yoga or choose to sit silently in the room, whatever works for you.

Create a routine around your time so that you can achieve a level of comfort that blends well into your lifestyle. Be sure to focus on the present rather than the past.

HABIT 4: SET YOUR INTENTIONS FOR THE DAY – WRITE IT DOWN

When you wake up, set your intentions for the day. Think about the things you want to happen in the day ahead. Don't leave your day to "chance." Chance is not your friend.

*DON'T LEAVE YOUR DAY TO "CHANCE"
CHANCE IS NOT YOUR FRIEND*

- Specifically, what do I want to accomplish today?
- What outcome do I want at the meeting today?
- I want to find the best price for

With this as part of your morning ritual, you have the magic to flow into the day happier, more productive and confident to address tough challenges that come your way. begin the journey towards achieving your dreams, the first thing is for you to identify exciting goals that will push you forward. In fact, according to a study from When you write down your goals, you are in increasing the success of realizing them.

Incorporating this as part of your morning routine is an act of declaring your intentions for the day. It crystallizes your goals in your consciousness so that they are engraved deeper into your subconscious mind. It signals your brain that achieving these goals is important to you.

As a result, your brain will work hard towards achieving every goal by making sure that you treat every single project you handle during the day with the level of seriousness that will give you a win. Your brain will push you towards realizing your dreams.

HABIT 5: FOCUS ON ONE TASK AT A TIME

If you are handling a project, there are short-term and long-term goals. Each goal has tasks/activities that you need to perform to realize that goal. Once you have this figured out in the previous step, pick one task at a time and focus on it.

It could be a new project, a new business idea or something that you just have a burning desire to work on. When you allow your mind to focus on one task at a time, you're simply brainstorming ideas that might be brilliant in being productive and successful. It simply tells the mind that these tasks are a top priority and that you expect the result to be beneficial to scaling the business. If you are taking a leadership role, think of various ways in which you can lead your team to win every day.

HABIT 6: VISUALIZE YOURSELF LIVING YOUR DREAM LIFE

How do you envision your dream life? What does it look like? What does it feel like? Every morning, take a few minutes to see yourself living your dream. Allow your dreams to sink deep into your mind and engage with it for a couple of minutes using all your senses. Have you been dreaming of a vacation in Paris? Watch yourself enjoying that vacation with your loved ones and doing all the things you have on your checklist.

How do you feel walking the streets of Paris, shopping around, eating French food and sipping that glass of wine in one of the most beautiful cities in the world? What sound can you hear around you when taking that cup of cappuccino or Mocha in a café of your dream?

Yes, it may be challenging to achieve ambitious life goals. You'll encounter plateaus and valleys during the journey that might cause you to want to settle for an ordinary lifestyle. But you can start tapping into your mind by seeing yourself living your ideal day and life. When you start seeing yourself living your dream, you will begin to feel a new rush of strength and energy that will motivate and inspire you to keep going.

It is only then that you will begin to have full clarity of the meaning and purpose of your goals in life. You will get a new perspective on how you can forge ahead and overcome the dark hours in your journey as you pursue your dreams with excitement and zeal.

HABIT 7: WORK TOWARDS YOUR DREAMS

As part of a morning habit, it's important that you make progress towards accomplishing your biggest dreams before diving into the daily chores. Set aside at least 5 minutes to meditate on your dreams. As your dreams begin to grow, you can increase the amount of time that you spend working on them.

Rather than giving up the first few hours of your morning to running errands, channel that to a project that excites you. Perhaps you're working on a new book project. Spend a few hours writing something. Simply use that time when you are fresh to fuel your will power before other *busy-nesses* of the day run your tank dry. Take advantage of the full energy and intention in the morning to bring out tangible results for that project you value most.

Remember, if you channel your energy on activities that don't matter most in your life, you'll find yourself going down a path that doesn't help you achieve your desires. Ask yourself whether that project, thought or activity lead you to the bigger picture. If it is a small part of the bigger picture, then you're guaranteed that your efforts will yield fruit and each step you take draws you closer to your desire.

When you add the small wins together from the morning habits, you create a ripple of victories that will keep powering your days. It's these small wins that will give you more confidence and keep you equipped and encouraged to handle every challenge that arises during the day. It really doesn't matter how difficult these challenges are. If you have strong beliefs and great habits, you can achieve anything!

CONCLUSION

Begin telling yourself how wonderful it is to get up early, it will begin to sink into your spirit and you'll begin to feel a new enthusiasm when you get up each morning. You'll position yourself to seize every opportunity that comes your way and putting your best self to work yielding more productivity the entire day.

Yes, it may be daunting to overhaul the whole routine at once. So start and work your way up to becoming better each day. Set your intention to introduce new habits and practices gradually.

If you win the morning, you win the rest of your day. So, what's in going to be? I see you as a winner! Now see yourself that way too!



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