The POWER Of A MORNING ROUTINE and an EVENING ROUTINE

80% of Successful People (Sample size of 200) have some form of a Morning Routine as well as an Evening Routine.

Please Watch This Video
https://youtu.be/BRfJhhPlCPE

YouTube Search 2gether Tuesday
1 minute 4 Life Morning Routine

When you start each day with a routine that focuses you on creating a day that both produces results for yourself and for others...you create the best version of yourself.

1.   What time do you normally wake up? How do your normally wake up?

2. Do you have the notifications on for your social media? If you do, why is it so important for you to know right away regarding your social media?

3. Research "famous" people that use a morning routine. What's the cost for you to really try this skill?

ACTIVITY

HOW NOT TO START

WHAT DO YOU DO?

HOW TO START

HOW NOT TO START	HOW TO START
HIT THE SNOOZE BUTTON. THIS MESSES UP A NORMAL SLEEP CYCLE! YOU START OUT TIRED	Set your alarm at least 10 MINUTES early. When alarm hits, count 5-4-3-2-1 "My power starts now!"
WAKE UP AND CHECK YOUR NOTIFICATIONS, SOCIAL MEDIA, THINK ABOUT ALL THAT WENT WRONG YESTERDAY	When you wake up, make a list of gratitude and who you will tell that you appreciate them. "What's the Best Version of me I will be today"
GET DRESSED, DON'T LOOK FORWARD TO THE DAY, COMPLAIN, SPEAK NEGATIVELY, "MY LIFE HAPPENS TO ME/I HAVE NO POWER"	Make Your Bed, Drink Water, Do some Push Ups & Squats, "Mentally Rehearse My Day Going Well"…"I know it won't be perfect BUT Good"
"MY LIFE IS DIFFICULT…I FOCUS ON NEGATIVES AND NOTHING WILL CHANGE." LISTEN/WATCH/READ WHAT REINFORCES MY BELIEFS. SUGARY DRINKS & CHIPS	"I understand life is difficult, BUT I Focus on I can create change", Listen/Watch/Read inspirational/ motivational material. Drink more water & eat light meal

Watch This Video Please
https://youtu.be/IFaRo5OXQZo
YouTube Search 2gether Tuesday
Fear of change and being first Koya Webb

1. Our Brain is wired to work and keep things the same day after day.
Why?
Our brain's job is to keep us safe.

Unfortunately, if we don't embrace change...we don't grow.
Write down 2 or 3 things in your life that were difficult for you at first but you got the hang of it.

2. What is one or two lessons you learned from this video and how can you put the lesson to use?

*Before Bed/Sleep—Evening Routine

*Stay Off Social Media…(Like 1 to 2 hours before you go to bed). If you need to be on phone use nightshift feature on your iPhone and night mode on your Android. For your computer screen you can download for free justgetflux.com. These help block the blue light from screens that disrupt quality (not necessarily quantity) of sleep.

*List of gratitude

*Plan your day for tomorrow

*Meditate and/or do Breath Work

*Before you go to sleep…for real tell yourself or create a loop with your own voice telling yourself how amazing you are, your life will be great, you will work hard to achieve your goals

*I can/I will/I must/I don't give up

Sleep Is When your body and mind/brain repairs, heals, grows.

Sleep Is Incredibly Important!!

Really work to go to sleep at the same time each night!

YOU'RE NOT HEALTHY UNLESS YOUR SLEEP IS HEALTHY!!

The right kind of sleep helps your immune system a lot!

Sleep Deprivation leads to Chronic Health Conditions, Weight Gain, Accelerated Aging, Diminished Performance