

A woman with long brown hair and glasses is sitting at a white desk in a bright office. She is wearing a dark sweater and is writing in a spiral notebook with a pen. On the desk, there is a laptop, a white mug, a black mesh pen holder with pens and a green apple, and a small potted plant. The background shows a window with light coming through. A dark horizontal bar is overlaid on the image, containing white text.

The Ultimate Morning Upgrade – Morning Habits for Bringing Your Best Self to the Table

Mornings are difficult for many people.

Instead of waking up energetic and enthusiastic about the workday and possibilities ahead we often find ourselves apathetic and lacking energy, toying with the ever-tempting idea of going back to sleep for “just a few more minutes”.

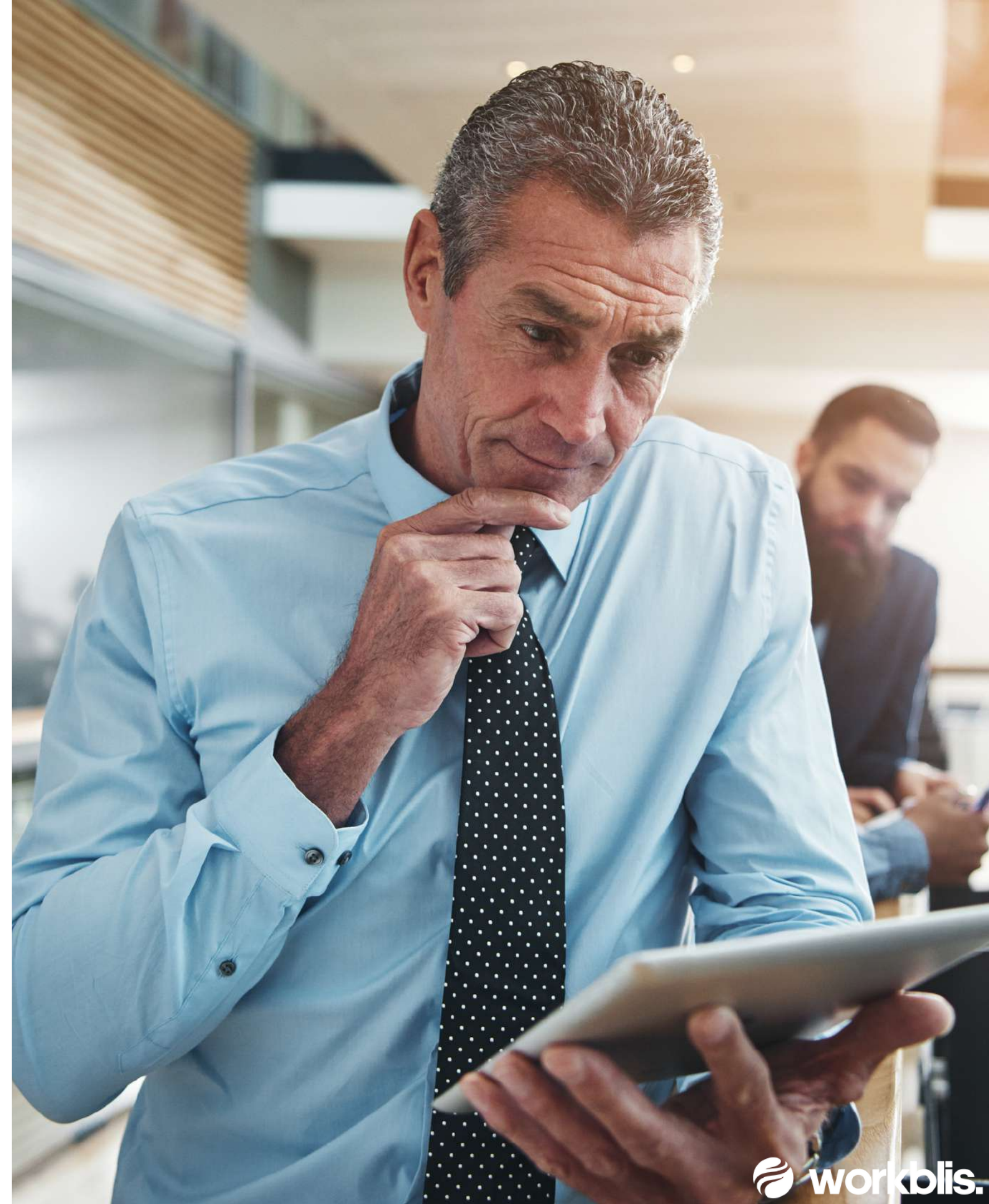
Yet, how we wake up each day and our morning routine (or lack thereof) dramatically affect our levels of success in every single area of our life.

Hal Elrod, writer of the international bestseller *The Miracle Morning* states “... *focused, productive, successful mornings generate focused, productive, successful days—which inevitably create a successful life—in the same way that unfocused, unproductive, and mediocre mornings generate unfocused, unproductive, and mediocre days, and ultimately a mediocre quality of life.*”

Handling our mornings in a conscious and effective manner becomes critical then.

This webinar focuses on helping you create successful morning routines so you can:

- Entertain thoughts, emotions and actions in the first 60 minutes of your day that are conducive to your work and personal goals
- Get into the right mood, motivation and mind-set for the day ahead



Content:

- 7 reasons why we get stuck in a mediocre life failing to fulfil our potential
- The night owl dilemma
- Night owl tips: snooze-proof steps to wake up in the morning
- The S.A.V.E.R.S. morning routine
- The 5 ways of cultivating Silence
- Working with the subconscious: the neuroscience and practice of Affirmations and Visualisation
- Exercise: tips for short morning workouts
- Early morning learning and inspiration: Reading
- Scribing = Journaling for personal growth
- Bonus - Feeding your brain: morning nutrition for boosting your mental state

