make it happen.

morning routine magic.
morning routine magic.

The significance and importance of starting the day right is overlooked by many people.

By starting the day right, you maximise effective time of positive influence of the ritual on your day. Therefore, setting the tone for the new day is extremely important. The best strategy to do so is to form good habits enclosed in a morning routine. Without this you are replying on how you feel emotionally when you wake up to determine your day and inevitably become reactive to the day rather than proactive.

Your morning routine sets you up for your day. Since we only have about 25,000 mornings in our adults lives, we need to make each one count. And chances are, you’ve already wasted quite a few...

In order to kick-start our mornings with the best possible routine, let’s look at the science behind routines and some famous examples to inspire us:

• Jane Austen would wake up and immediately play the piano, make breakfast with her family, then write.
• President Obama always does his cardio and weight routine, followed by breakfast with his daughters.
• Arianna Huffington begins each day with yoga and meditation.
• Steve Jobs would contemplate this philosophical question, “If today were my last day on earth what would I do differently?”

You’ll notice they all have different routines but they all have one.
video 1: 
the myth around morning routines.

It doesn’t matter what time you wake up but it does matter what you do when you first wake up.

In my experience most people want more productivity, better health, and happiness each day.

This is certainly the case for me and my morning routine provides exactly that but it is vital you ask yourself this question:

What do you want more of in your day via doing your morning routine?
video 2: how to win the day.

Daily habits for extraordinary health and happiness.

There is a great acronym SAVERS for this, created by Hal Elrod.

silence (meditation and breathing)
affirmations
visualisation
exercise
reading
scribing aka journaling
Everything you say to your self or others leaves an imprint in your mind.

Words, if said enough, over and over, whether true or not will become convictions (super strong beliefs) that will become embedded in your subconscious mind.

There are things you say to yourself now, still at a subconscious level, because it was told to you during the imprint years (birth – 7 years old)!

With that said it makes sense to make a conscious choice of what you say to yourself and believe rather than run a program that's decades out of date...

I mean, you wouldn’t run your current computer on Windows 95, would you?

“Words create words"

These affirmations can help you to transform your inside and outside world and this happens by changing your reality, the perspective that you see things.

Some tips:

- Use affirmations in the present tense, that start I am
- Use affirmations that describe reality’s that are humanly possible
- Use affirmations that are simple yet powerful
- Use affirmations that give you a feeling of love and inspiration
- Use words you’re willing to say for the rest of your life
- Use affirmations you can link to senses (sight, sound, places, smells, tastes, feelings)
- Don’t use words like always and never in your affirmations
Here are a few of mine that I read out loud daily:

I am lovable, I am enough, I am worthy and deserving of love, money and success.
I am a master problem solver and possibility creator.
I am grateful for all that I am, all that I do and all that I have.
I am a master of persistence and I do what it takes.
I am a money magnet and everything I touch turns to gold.
I am a genius and I apply my wisdom.
I am focused on fair exchange, with fair exchange everyone wins.
I am able to find a positive for every negative.
I am a master learner, whatever I learn I retain.
I can, I will, I must make it happen.

Create 5 affirmations of your own that you are going to read daily,
I have an affirmations for:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________

See the next few pages for some more affirmations for you to consider:
Affirmations

1. I am good enough
2. I am strong enough
3. I am enough
4. I have enough
5. I am loved enough
6. I love myself
7. Others love myself
8. I am capable of amazing things
9. I choose the best for myself
10. I care about myself
11. I care about others
12. I care about the world
13. I love you
14. I can achieve great things
15. I take action on my ideas
16. I am deeply self confident
17. I am becoming stronger every day
18. I am becoming more loving everyday
19. I can relax and focus
20. I am comfortable around all kinds of people
21. I can do it
22. I can succeed
23. Today is a great day
24. I say yes to myself
25. I can achieve all of my goals
26. I choose to live life on my terms
27. I am greatness
28. I am responsible
28. I am responsible
30. I am self assured
31. I am in control
32. I like who I am
33. I love who I am becoming
34. I am determined
35. I am a winner
36. I smile a lot more
37. I am Happier every day
38. I take good care of myself
39. I am loving and loveable
40. I am calm and confident
41. I like what I see myself becoming
42. I achieve all of my goals easily
43. I believe in me
44. Life is getting better and better
45. I am happy and healthy
46. I am successful
47. I am grateful
48. I make wise decisions
49. I take care of myself
50. I am constantly improving
51. The past is gone and the future is now
52. I keep my word
53. I am reliable
54. I am efficient
55. I am effective
56. I am alert and aware
57. I think more and more positive thoughts
58. I forgive myself and others for the past
59. I have a special talents
60. I am worth good things
61. I welcome new ideas
62. I am open minded
63. Love guides me
64. I value me
65. I am proud of me
66. I have hope
67. I have faith
68. I take action on my ideas
69. I choose to think up and keep my spirits up
70. I will win
71. I declare my success
72. I demand success
73. I am success
74. I believe in me
75. I am proud of myself
76. I look forward to the next moment
77. I am a magnet for the experiences I most desire.
78. I am grateful for every gift that I’ve been given, have now, and have yet to receive.
79. I am powerful in my thinking and actions
80. I am a master problem solver and possibility creator
81. I can, I will, I must Make it happen.
The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they’re thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.

Gratitude doesn’t need to be reserved only for momentous occasions: Sure, you might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a rainy day.

Too many people are quick to complain when something doesn’t work but aren’t grateful when things are going right such as having hot water, when the car starts, when you get to the petrol station and it’s open and you have 1 mile of fuel left in the tank.

Gratitude is a feeling that is created as a result of a shift in perspective.

Whilst the one thing that you want may not have happened consciously identifying all the smaller things can create a counter balance.

It is impossible to feel negative emotions such as fear and anger at the same time as being grateful.

Research shows that simply keeping a gratitude journal, regularly writing brief reflections on moments for which we’re thankful, can significantly increase well-being and life satisfaction.
Write out the biggest inconvenience that has happened to you in the last 12 months.

Where to look for the benefits of the inconvenience: health and fitness, family life, relationships, social life, attitude, career / business, finances, personal growth / bucketlist goals.

Look for the benefits in your 4 highest means values. If you don’t know your 4 highest means values then you can find out what they are by doing the DeMartini ‘values determination process’ at make-it-happen.co.uk/demartinivalues

Identify the primary, secondary and tertiary benefit each time.

Write out 10 reasons why you are grateful for that.

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
6. ____________________________________________
7. ____________________________________________
8. ____________________________________________
9. ____________________________________________
10. ____________________________________________
practical ways to live with gratitude daily.

Journal
The best way to reap the benefits of gratitude is to notice new things you’re grateful for every day. Gratitude journaling works because it slowly changes the way we perceive situations by adjusting what we focus on. While you might always be thankful for your great family, just writing “I’m grateful for my family” week after week doesn’t keep your brain on alert for fresh grateful moments.

Get specific by writing “Today my husband gave me a shoulder rub when he knew I was really stressed” or “My sister invited me over for dinner so I didn’t have to cook after a long day.” And be sure to stretch yourself beyond the great stuff right in front of you. Opening your eyes to more of the world around you can deeply enhance your gratitude practice. Make a game out of noticing new things each day.

Timing is key
Being excited about the benefits of gratitude can be a great thing because it gives us the kick we need to start making changes. But if your excitement about sleeping better because of our newfound gratitude keeps us from anticipating how tired we’ll be tomorrow night when we attempt to journal, we’re likely to fumble and lose momentum. When we want to achieve a goal, using the technique of mental contrasting (being optimistic about the benefits of a new habit while also being realistic about how difficult building the habit may be) leads us to exert more effort. Recognise and plan for the obstacles that may get in the way. For instance, if you tend to be exhausted at night, accept that it might not be the best time to focus for a few extra minutes and schedule your gratitude in the morning instead.
Re-read what you are grateful for

You’ll find it extremely powerful to go back and reread what you were grateful for in weeks and months gone by. It will enable you to relive memories and the experience of gratitude you had in the moment.

Be Social About Your Gratitude Practice

Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude. Focusing our gratitude on people for whom we’re thankful rather than circumstances or material items will enhance the benefits we experience. While you’re at it, why not include others directly into your expression of gratitude? One activity involves writing a gratitude letter to someone who had an impact on you whom you’ve never properly thanked. You could also share the day’s grateful moments around the dinner table. The conversations that follow may give you even more reasons to give thanks.
video 5:
write your personal declaration.

The clearer your Vision the more you will live and fulfil it.

The more your objectives in the 8 key areas of life align with your primary purpose the more fulfilling your life will become.

Once you know your North Star is declared, all further secondary or other choices and objectives can be more effectively made. All further choices stem from your primary objective or North Star.

Without this it makes other decisions much harder to make and therefore results in uncertainty.

Regardless of your choice there will be Pros and Cons, it cannot be one sided therefore it makes the most sense to make your choices based on what your love and that brings you the most fulfilment.

If your written purpose is truly an expression of your highest values, you will automatically feel dedicated, committed and determined to fulfil this important life mission, vision, purpose, calling, chief aim, master plan, divine design.

Once awakened to this purpose you will also become aware as to how the universe supports you and challenges you, all for the fulfilment of this mission.

If your written purpose statement is not aligned with your highest values and does not receive commitment of consistent action from you, it will be simply a fantasy and remain one.

Once you have the big picture of your life remain disciplined. The pain of regret outweighs the pain of discipline.

The true secret of fulfilment and great achievement is consistency of purpose.
my personal declaration.

Here is my personal declaration that you can use an example.

- I am Will Polston and today I am going to have an amazing day.
- I bring positivity, inspiration and motivation to those around me.
- I am empowering 1 billion people transform excuses into results to benefit themselves, their family, their friends, their community, society, humanity and the universe.
- I am committed to being grateful with where I currently am in life and will continue to strive regardless.
- I am committed to being fulfilled and joyful so I can enjoy every moment of being alive and bring enjoyment to others as a result.
- I am still and present in mind, body and soul which will enable me to enjoy the moment.
- I am powerful yet calm which enables me to control all situations and events.
- I am humble in how I think, feel and act.
- I have a clear head which enables me to focus on the actions and desired result.
- I give life everything and a result don’t care what people think.
- I am fun and playful with a great sense of humour.
- I am powerful in my thinking and actions
- I am generous to those around me
- I am outrageous in my thinking and actions for good
- I am Inspired about what I do
- I am Fun, Friendly Loving and playful with everyone I encounter
- I am Proud if who I am
- I am rich and I am wealthy
- I am all the above every day no matter the situation or events.
- I am actively completing the things that are important in the short term and the long term.
- I am full of energy, have a clear mind, have plenty of time to complete what I need to.
- I know that I will not always want to do what is required but I will do it anyway.

- I am the creator and I create products services and relationships that provide huge value to the people I encounter.
- I have the ability to choose. I choose to create energy, love and abundance in all aspects of life.
- I am powerful beyond measure and I can create anything I set my mind to and I consistently am drawing what I want to me.
- I Will Polston am wealthy and have a substantial positive monthly cashflow I am financially opulent.
- I have strong, healthy savings accounts and I make the investments I want and they pay off for me positively. I own and drive the cars I want. I own and live in the house I want, I own and wear what I want, travel when I want using money that I have earned and I’m very generous with money with my friends, family and the community because I can afford to be.
- I am a loyal friend, I am kind and friendly to everyone. I am filled with light, laughter, energy, knowledge and power.
- I am the world best mindset strategist and own the company that has more positive impact on people transforming excuses into results than any other in the world.
- I am one of the most highly sought after personalities, leaders and individuals in the world.
- The types of individuals and companies I want to work with apply to work with me.
- I am with a partner I am attracted to aesthetically and intellectually and intend to spend the rest of my life with them with our relationship growing ever stronger.
- I have an amazing relationship with my family. I constantly go above and beyond creating a legendary relationships full of love and growth.
- I bring love, understanding, acceptance and compassion into every interaction I have.
- I am filled with love always.
- I commit fully to the above each and every day.
- I am an extraordinary person.
- I am Will Polston.
In Buddhist tradition, the word ‘meditation’ is equivalent to a word like ‘sports’. It’s a family of activities, not a single thing.

Meditation is a skill.

A skilled approach to training the mind, similar to the way that fitness is an approach to training the body. Many meditation techniques exist — so how do you learn how to meditate?

There are many things in life that are beyond our control. However, it is possible to take responsibility for our own states of mind – and to change them for the better and meditation is a way of doing that.

Meditation is a practice where an individual uses a technique – such as mindfulness or concentrating their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

It’s about training in awareness and getting a healthy sense of perspective. You’re not trying to turn off your thoughts or feelings. You’re learning to observe them without judgment. And eventually, you may start to better understand them as well.

Mindfulness is the ability to be present, to rest in the here and now, be fully engaged with whatever we’re doing in the moment.

Learning to meditate is like learning any other skill. Think of it like exercising a muscle that you’ve never really worked out before. It takes consistent practice to get comfortable. And it’s usually easier if you have a teacher. We’ve got you covered there.

It’s extremely difficult for a beginner to sit for hours and think of nothing or have an “empty mind.” That said there are a number of tools to help you through this process when you are starting out, I cover a few shortly.

In general, the easiest way to begin meditating is by focusing on the breath — an example of one of the most common approaches to meditation: concentration.
types of meditation.

Concentration or Guided Meditation

Concentration or guided meditation involves focusing on a single point. This could entail following the breath, repeating a single word or mantra, staring at a candle flame, listening to a repetitive sound.

It is also known as guided meditation as you are concentrating on the guided instructions you’re given. Since focusing the mind is challenging, a beginner might meditate for only a few minutes and then work up to longer durations.

In this form of meditation, you simply refocus your awareness on the chosen object of attention each time you notice your mind wandering. Rather than pursuing random thoughts, you simply let them go. Through this process, your ability to concentrate improves.

Mindfulness Meditation

Mindfulness meditation encourages the practitioner to observe wandering thoughts as they drift through the mind. The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note as it arises.

Through mindfulness meditation, you can see how your thoughts and feelings tend to move in particular patterns. Over time, you can become more aware of the human tendency to quickly judge an experience as good or bad, pleasant or unpleasant. With practice, an inner balance develops.

It is also possible to get a combination of concentration and mindfulness.

Other meditation techniques

There are various other meditation techniques. For example, a daily meditation practice among Buddhist monks focuses directly on the cultivation of compassion. This involves envisioning negative events and recasting them in a positive light by transforming them through compassion.

There are also moving meditation techniques, such as tai chi, qigong, and walking meditation.
benefits of meditation.

If relaxation is not the goal of meditation, it is often a result. In the 1970s, Herbert Benson, MD, a researcher at Harvard University Medical School, coined the term “relaxation response” after conducting research on people who practiced transcendental meditation. The relaxation response, in Benson’s words, is “an opposite, involuntary response that causes a reduction in the activity of the sympathetic nervous system.”

Since then, studies on the relaxation response have documented the following short term benefits to the nervous system:

- Lower blood pressure
- Improved blood circulation
- Lower heart rate
- Less perspiration
- Slower respiratory rate
- Less anxiety
- Lower blood cortisol levels
- More feelings of well-being
- Less stress
- Deeper relaxation

Contemporary researchers are now exploring whether a consistent meditation practice yields long-term benefits, and noting positive effects on brain and immune function among meditators. Yet it’s worth repeating that the purpose of meditation is not to achieve benefits.

To put it as an Eastern philosopher may say, the goal of meditation is no goal. It’s simply to be present.

In Buddhist philosophy, the ultimate benefit of meditation is liberation of the mind from attachment to things it cannot control, such as external circumstances or strong internal emotions.

The liberated or “enlightened” practitioner no longer needlessly follows desires or clings to experiences, but instead maintains a calm mind and sense of inner harmony.
tips for meditation.

Sit or lie comfortably. You may even want to invest in a meditation chair or cushion.

• Close your eyes.
• Make no effort to control the breath; simply breathe naturally.
• Focus your attention on the breath and on how the body moves with each inhalation and exhalation. Notice the movement of your body as you breathe. Observe your chest, shoulders, rib cage, and belly. Simply focus your attention on your breath without controlling its pace or intensity.
• If your mind wanders, return your focus back to your breath.

meditation tools.

Muse: the brain sensing headband will elevate your meditation experience. It gently guides your meditation through changing sounds of weather based on the real-time state of your brain. This allows you to obtain a deeper sense of focus and motivates you to build a highly rewarding practice. Meditation has been scientifically shown to reduce symptoms associated with stress, depression and anxiety as well as improve focus, performance and quality of life.

Headspace: Learn to meditate and live mindfully The Headspace App has one mission: to improve the health and happiness of the world by allowing people to experience the benefits of meditation anytime, anywhere. Log on and once you do, you’ll have bite-sized meditations for when you’re short on time, singles to add some extra mindfulness to your day, and hundreds of meditations for everything from stress to sleep.

Brain FM: By combining functional music design drawing from the latest in auditory neuroscience, their science first approach and patented technology, they turn sound into a tool to help bring out the best in everyone. While other music is primarily made to sound good and evoke feelings, they create music with a purpose- helping people get more done, feel more relaxed, or get better sleep.

meditation exercise.

Do a 10 minute meditation using Headspace or Brain FM.
Did you know that 70% of the toxins inside of your body are removed through the lungs?

Breath is an essential element to life, and yet today we’re using less and less of our lung capacity. Think about it. When you’re stressed is your breath deep or shallow? You’d be surprised how often we hold our breath!

Breath is the key to physical and mental well-being, and if done properly, it can **boost energy**, **relieve pain** and **transform** our lives.

To maintain your body’s optimal health, your cells must be oxygenated through proper breathing. Learn how to breathe properly by using these exercises.

**1. Power Breathing – Ideal for increasing energy.**

Take 10 “power breaths” 1-3 times a day in the following ratio: 1:4:2

Example: Inhale for 5 seconds in, hold for 20 seconds, exhale for 10 seconds.
2. Box breathing – Ideal for creating calm.

Box breathing, also known as square breathing, is a technique used when taking slow, deep breaths. It can heighten performance and concentration while also being a powerful stress reliever. It’s also called four-square breathing.

This technique can be beneficial to anyone, especially those who want to meditate or reduce stress. It’s used by everyone from athletes to U.S. Navy SEALs, police officers, and nurses.

You may find it particularly helpful if you have a lung disease such as chronic obstructive pulmonary disease (COPD)

Take 10 Box breathes when you feel the want or need to become more calm and present, in the following ratio:

1:1:1:1

Example: Inhale for 4 seconds, hold for 4 seconds, exhale for 10 seconds, hold for 4 seconds.

Breathing exercise.

3 rounds of power breathing and 3 rounds of box breathing.

Write a few lines about what you experienced having done the 3 rounds of each.

Power breathing:

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

Box breathing:

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________
Visualisation techniques have been used by successful people to visualise their desired outcomes for ages. Dr Maxwell Malts referred to it as using the theatre of your mind. The practice has even given some high achievers what seems like super-powers, helping them create their dream lives by accomplishing one goal or task at a time with hyper focus and complete confidence.

In fact, we all have this amazing power, but most of us have never been taught to use it effectively.

Visualisation – seeing the goal as **already complete** in your mind’s eye – is a core technique used by the world’s most successful people.

Visualisation is effective because it harnesses the power of our **subconscious mind**.

When we visualise goals as complete, it creates a conflict in our subconscious mind between what we are visualising and what we currently have. Our minds are hard-wired to resolve such conflicts by working to create a current reality that matches the one we have envisioned.

Visualisation activates the creative powers of the subconscious mind, motivating it to work harder at creating solutions. You’ll also notice new levels of motivation and find yourself doing things that normally you would avoid, but that will take you closer to success.
reticular activating system.

Visualisation boosts success is by programming the Reticular Activating System (RAS), which serves as a mental filter for the 8 million bits of information that are streaming into our brains at any one time.

The RAS thinks in **pictures** not words.

Daily visualisation feeds the RAS the pictures it needs to start filtering information differently.

As a result, your RAS will start to pay attention to anything that might help you achieve your goals – information that it otherwise might ignore.
the 4 benefits of visualisation.

1. It activates your **creative** subconscious which will start generating creative ideas to achieve your goal.

2. It programs your **brain** to more readily perceive and recognise the resources you will need to achieve your dreams.

3. It activates the **law of attraction** thereby drawing into your life the people, resources, and circumstances you will need to achieve your goals.

4. It builds your **internal inspiration** to take the necessary actions to achieve your dreams.

Visualisation is really quite simple. You sit in a comfortable position, close your eyes and imagine — in as vivid detail as you can — what you would be looking at if the dream you have were already realised. Imagine being inside of yourself, looking out through your eyes at the ideal result.
A study conducted by Dr. Biasiotto at the University of Chicago was done where he split people into three groups and tested each group on how many free throws they could make.

After this, he had the first group practice free throws every day for an hour.

The second group just visualised themselves making free throws.

The third group did nothing.

After 30 days, he tested them again.

The first group improved by 24%.

The second group improved by 23% without touching a basketball!

The third group did not improve which was expected.

I’m not condoning being lazy and not taking action. What I’m trying to drive home is imagine what you could do if you implemented both action and the mental rehearsal technique of visualisation. The sky is the limit. You can apply this to all aspects of life and if you do, it can do wonders for you.

The daily practice of visualising your dreams as already complete can rapidly accelerate your achievement of those dreams, goals and ambitions.
the ‘mental rehearsal’ technique.

There is visualisation process is called “mental rehearsal,” and its been used by many athletes since the 1960s when we learned about it from the Russians.

All you have to do is set aside a few minutes a day. The best times are when you first wake up (after meditation), and right before you go to bed. These are the times you are most relaxed.

Go through the following three steps:

Step 1: Imagine sitting in a movie theatre, the lights dim, and then the movie starts. It is a movie of you doing perfectly whatever it is that you want to do as you wish to do it. See as much detail as you can create, including your clothing, the expression on your face, small body movements, the environment and any other people that might be around. Add in any sounds you would be hearing — traffic, music, other people talking, cheering. And finally, recreate in your body any feelings you think you would be experiencing as you engage in this activity.

Step 2: Get out of your chair, walk up to the screen, open a door in the screen and enter into the movie. Now experience the whole thing again from inside of yourself, looking out through your eyes. This is called an “embodied image” rather than a “distant image.” It will deepen the impact of the experience. Again, see everything in vivid detail, hear the sounds you would hear, and feel the feelings you would feel.

Step 3: Finally, walk back out of the screen that is still showing the picture of you performing perfectly, return to your seat in the theatre, reach out and grab the screen and shrink it down to the size of a cracker. Then, bring this miniature screen up to your mouth, chew it up and swallow it. Imagine that each tiny piece — just like a hologram — contains the full picture of you performing well.
Imagine all these little screens travelling down into your stomach and out through the bloodstream into every cell of your body. Then imagine that every cell of your body is lit up with a movie of you performing perfectly.

It’s like one of those appliance store windows where 50 televisions are all tuned to the same channel.

When you have finished this process — it should take less than five minutes — you can open your eyes and go about your business. If you make this part of your daily routine, you will be amazed at how much improvement you will see in your life.

**visualisation exercise.**

Do a 5 minute mental rehearsal technique.
Exercise will make a huge difference to your day.

Exercise is defined as any movement that makes your muscles work and requires your body to burn calories.

There are so many types of physical activity, including swimming, running, jogging, walking and dancing, yoga to name a few.

Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer.

You could start your day with something as quick as one minute of star jumps.

What exercise types would you like to do in the morning and which one(s) are you committed to doing?
I’m going to say right of the bat that you don’t need to read in the morning.

Hal Elrod’s SAVERS acronym works really well with the R for reading but I am going to change it to ‘learning’.

I think you’d be wise to learn something new first thing in the morning. If you have already started your day by gaining some new insight then you’re off to a winner because:

“Any new knowledge gives us an opportunity to grow” – Will Polston

and

“If you’re not growing you’re dying” – Tony Robbins

Below are a few examples of ways you can learn in the morning:

Read a few pages/chapters of a book
Read a blog
Watch a video
Listen to an audio book

What are you willing to commit to in the morning?

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________

______________________________________________________________
video 12:
additional habits – cold showers.

Having a cold shower or at least finishing with a cold shower has numerous mind and body health benefits.

1. **Promotes fat loss**
   Yes, simply pouring ice cold water to the body can help cut weight. Cool showers activate brown fat, which generates heat around the body. The increased activity of the “good fat” burns calories to keep the body warm. Research showed that cold temperatures can boost brown fat by 15 times higher than the normal amount.

2. **Improves immunity**
   Regular cold showers trigger an increase in the metabolic speed rate and the amount of white blood cells in the body, which then help fight diseases.

3. **Gives better circulation**
   An improved circulation means better overall cardiovascular health. Among the benefits of taking cold showers is a good blood flow. It allows the blood to rush down to organs to stay warm.

4. **Drains lymphatic system**
   Cold showers help boost the activity of the lymphatic system, which works to carry out waste from cells. This then reduces the risk of infections.

5. **Promotes emotional resilience**
   Cold showers can help develop a nervous system that is resilient to stress. The effort alone serves as a small form of oxidative stress, which the body would adapt overtime and teach the brain to prepare for stress.
6. **Lowers stress**
As the brain learns how to deal with stressful situations, cold showers could also help cut the levels of uric acid and boost glutathione in the blood, which help reduce stress.

7. **Lowers chances of depression**
Cold showers have been found to relieve symptoms of depression by stimulating “the blue spot” on the brain that releases noradrenaline, a chemical which plays a role in alleviating depression.

8. **Promotes faster muscle recovery**
Various studies show that an ice bath after intense training improves circulation and helps remove some lactic acid, which could speed up the body’s recovery.

cold shower exercise.

Take a 30 second cold shower at the end of your next bath or shower.
video 13: additional habits – vitamin vitality.

Your energy comes from your cells.

In my opinion, toxicity, deficiency, and misalignment that impact your cells are the sources of disease and illness.

There are a number of supplements you can take to ‘feed’ your cells as required and therefore maintain improved health and most importantly prevent illness and disease.

These are a few of the supplements I feel worthy of taking each day and why – DISCLAIMER I am not a doctor nor nutritionist so please seek professional advice should you feel the need to.

**Omega oils – Dr Udo Ultimate blend**

The truth is that fats are very important to our diets and overall health; the secret is to know which fats are healthy and which fats will kill. Essential fatty acids are healthy or healing fats—every cell in your body requires them to function, particularly your brain which is made up of 60% fat.

These good fats consist of the essential fatty acids: Omega 3 and Omega 6. Your body must consume these fats to survive. Without them, the lipid membrane around your cells starts to break down.

Dr Udo Ultimate Blend provides a premium natural source of vegan unprocessed, undamaged Omega 3 and 6 in the ideal ratio that supports optimum health. Omega 3 is an essential fat that your body cannot produce therefore must be consumed through diet.

Created by Udo Erasmus to tackle the key pillars of health: heart, skin, joint & vision in 1 product.

Benefits of taking Dr Udo’s Ultimate blend are:

- Balances blood sugar levels and promotes satiety therefore beneficial to people who suffer from sugar cravings and/or blood sugar fluctuations.
- Helps to maintain healthy cholesterol levels.
- Hydrates & moisturizes the skin therefore beneficial to people with skin health issues.
Two independent research studies investigating Udo’s Choice Ultimate Oil Blend capsules with elite strength and endurance athletes showed improvements in:

- **Energy & Endurance**
- **Strength & Power**
- **Recovery & Flexibility**

Our skin is a window to our dietary habits – it shows us what’s going on in our bodies. If our skin looks dry or tired, then the rest of our body isn’t being fed properly either. By supplying your body with the correct fats – Omega 3 and 6, which are essential for health your skin will soon start to benefit too.

**Organic Wheatgrass**

Wheatgrass juice packs a lot of power in a small amount. It is 70% chlorophyll, which is the blood of plants. It helps to keep the blood clean and healthy and is also one of the greatest concentrations of minerals you can get.

In addition to chlorophyll, wheatgrass provides the following nutrients to the body:

- **Vitamins** – Wheatgrass contains a high amount of:
  - Vitamin A (aids in bone growth, eyesight and reproduction)
  - Vitamin B (aids brain and body development, the nervous and digestive systems)
  - Vitamin C (aids the development of healthy skin, teeth, gums, eyes, muscles, and joints)
  - Vitamin E (helps the heart and reproductive systems in a form that is much more easily absorbed by the body than synthetic vitamins.)

- **Minerals** – Of the more than 102 minerals available in the soil, 92 of them are absorbed by wheatgrass, including:
  - Calcium (builds strong bones and teeth, regulates the heart, and helps balance blood pH)
  - Iron (aids red blood cell formation and the transport of oxygen to the cells)
  - Sodium (helps digestion, elimination and the regulation of body fluids)
  - Potassium (balances the body, tones muscles, firms skin)
  - Magnesium (helps muscle function and elimination)

- **Amino Acids** – Wheatgrass contains 17 amino acids, including all 8 of the essential amino acids (which comprise proteins in the body). These are the 8 amino acids that the body cannot manufacture by itself—it must synthesise these from the foods we eat.

- **Enzymes**: Wheatgrass contains a lot of enzymes and also stimulates the body to produce its own natural enzymes. Wheatgrass stimulates peristalsis and supports thyroid functioning.
Floradix
It contains organic iron (II) from ferrous gluconate, vitamins B2, B6, B12 and C which contribute to the reduction of tiredness and fatigue and to normal energy-yielding metabolism. Iron contributes to normal red blood cell formation (supported by the vitamins B6 and B12) and haemoglobin formation. In addition, folate (folic acid) contributes to normal maternal tissue growth during pregnancy. Furthermore, vitamin C increases iron absorption.

Magnesium
Magnesium is a mineral vital for the proper functioning of your body. It’s the fourth most abundant mineral in your body. Your body can’t make it, so you need to obtain it from your diet.

Magnesium is also called “the mighty mineral” because the cells in our body depend on magnesium in regulating day-to-day metabolic reactions to help in the process of cell division and protein synthesis, to facilitate proper muscle and nerve function, and in the maintenance of normal bones and teeth.

The role of magnesium, especially during strenuous physical activities of people who trains or works out on a daily basis, is essential as minerals including magnesium are lost when we sweat. The intake of magnesium helps in the reduction of tiredness and fatigue, and in the maintenance of electrolyte balance and normal energy-yielding metabolism.

Stress depletes the magnesium in your body. If you are highly stressed you’ll be using a lot of magnesium.

Magnesium is in chocolate which is often why we crave chocolate when we are stressed as the body is trying to get the mineral it needs.

Vitamin C
Vitamin C plays an important role in a number of bodily functions including the production of collagen, L-carnitine, and some neurotransmitters. It helps metabolize proteins and its antioxidant activity may reduce the risk of some cancers.
**Braggs Apple Cider Vinegar**

Drinking unfiltered apple cider vinegar (such as Braggs) can help lower blood sugar levels. By its very nature, Apple Cider Vinegar can regulate healthy blood sugar levels in the body, which is great for those with Type Two Diabetes. Apple cider vinegar can increase the good cholesterol so you maintain a healthy heart and cardiovascular system.

**Lemon water**

Lemon is an alkalizer, and when added to water, it’s an easy way to rid the body of excess acid. As a rich source of vitamin C, lemon juice protects the body from Immune system deficiencies. Drinking lemon juice with warm water every morning helps in maintaining the pH balance of the body. Along with vitamin C, lemons are also a rich source of potassium, calcium, phosphorus, magnesium etc.

**How to take**

The key is making this into a habit. In order to make it as easy as possible, you’d be wise to take the above at the same time each day. Personally I choose to take them when I get out of the shower.

I have two cups and have 2 caps of Apple Cider Vinegar mixed with a heaped teaspoon of Wheatgrass and about 1/4 pint of water.

I then take the Floradix, Magnesium and Dr Udo Ultimate blend and wash it down with the above.

I then have another cup with 1/4 pint of water with a vitamin C tablet dissolved in it.

**vitmain vitality exercise.**

Decide which vitamins / supplements you require and purchase accordingly.
In order for you to feel fully alive you want to be able to ensure you have abundant energy.

Energy is the vital force within each of us that allows us to maximise our capacity as human beings.

At the same time, when we get out of balance, and our energy is depleted, we experience all kinds of problems such as stress, fatigue, depression, and disease.

Balanced body chemistry and maintaining a proper ratio between acid and alkaline foods in your diet are of vital importance to maintaining your health.

In fact, too much acidity in the body’s tissues is the cause of many types of health changes ranging from lethargy and fatigue, to obesity, and ultimately to much bigger health challenges and disease.

One of the highest priorities of your body is to make sure that the alkalinity throughout your body remains at a level supporting cellular life.

At a fundamental level, the regulatory mechanisms such as breathing, circulation, digestion, and hormonal production balance the pH level in the body by removing acid residues from body tissues. If the pH deviates too far to the acidic or the alkaline side, cells become poisoned by their own toxic waste and die.
the pH scale.

This a measure of how acidic or alkaline a substance is. The initials pH stand for “Potential of Hydrogen” Acids have PH Values under 7, and alkalis have pH over 7.

If a substance has a pH value of 7 it is neutral – neither acidic or alkaline.

Different tissues of the body need to maintain different levels of pH to sustain life.

The blood and most tissues should be slightly alkaline, whereas urine, saliva, and the digestive tract should be slightly acidic.

In fact, the blood can only support very minor fluctuations in its pH level and still sustain life.

Most important, however, is the body’s alkaline reserve: an excess of alkali (comprised of elements such as sodium bicarbonate) that is stored until it’s needed to neutralise excess acid in the body.

If the body becomes too acidic, or depletes its alkaline reserves, then the cells begin to weaken and break down, and body functions become compromised.
consequences of an imbalanced / overly acidic pH.

1. If you are overweight, you most likely do not have a ‘fat’ problem, you have an acid problem! Too much acid in the body, acidosis, has two consequences: First it will likely cause the body to produce more insulin, and thus, to store more fat. Second, it will cause the cells to break down due to the pressure to continue produce insulin.

2. Too much acid decreases the oxygen affinity of hemoglobin in the blood. When oxygen supplies are diminished to the cells, it compromises all body functions.

3. The free radical damage of cell walls and membrane structures is accelerated. Consequences of this include premature ageing, eyesight and memory problems, wrinkles, age spots, poor hormone regulation, etc.

4. When blood plasma becomes more acidic, it acts as a chemical irritant that slowly attacks and eats away at the smooth muscle tissues of the inner walls of arteries and veins, weakening the structural composition and creating irregular blood pressure.

5. It becomes more difficult to control high blood pressure due to the increased workload on the heart.

6. Acidosis disrupts general lipid and fatty acid metabolism, leading to neurological problems and hormone imbalances with the endocrine system leading to increased potential for urinary problems and infections.

7. Acid increases the likelihood of cellular mutations.

8. Proper electrolyte activity is impaired by an overly acidic body environment.

9. The body has decreased access to energy reserves due to inhibition of efficient cellular and body metabolism.

10. An acidic pH allows the binding of cholesterol to heavy mental and other cellular debris, increasing the rate at which plaque builds up in the vascular network.
how to create a balance and be more alkaline.

1. Eat green
Fresh fruit, vegetables, roots, nuts and legumes are alkalizing to the body, so increase the amount of fruits and vegetables you eat. Aim to have some at every meal and make vegetables the focus rather than meat or grains. Reach for dark or green vegetables such as beetroot, avocado, broccoli, spinach, kale, peas, beans and cucumber.

A simple put effective way to ensure you get a burst of ‘green’ is to take a shot of wheatgrass first thing in the morning. I highly recommend this.

2. Reduce acidic foods
You don’t have to cut them out altogether but try and limit your intake of meats, eggs, refined sugars, white flour and dairy.

3. Limit alcohol consumption
Most alcoholic beverages have a high sugar content and are highly acidic. You don’t have to cut it out altogether if you enjoy the occasional beer or glass of wine, but be aware of what you are drinking.

4. Drink alkaline or lemon water
Drinking water is vital to our health and most of us don’t drink enough to begin with. Hydrate yourself with eight to 10 large glasses of alkaline water per day.

Most tap water has a pH of 6.5 to 7, while alkaline water has a pH of 9, making it better at rebalancing the acid-alkaline levels in your body. Alkaline water molecules are also smaller than those of tap water. This means they permeate your body more thoroughly and leave you more hydrated than regular water.

An alternative to alkaline water is putting lemon in your water. Lemon juice in its natural state is acidic with a pH of about 2, but once added to water and metabolized it actually becomes alkaline with a pH well above 7.

5. Choose natural energy-boost drinks
Forget sugar- and caffeine-laden energy drinks. Choose natural, alkalizing energy drinks such as peppermint tea, yerba maté tea, lemon water or a green powder supplement that can cleanse the digestive system, stimulate your metabolism and buffer excess acids.

6. Break a sweat
Exercise for at least 30 minutes three to five times a week. Among its many benefits, exercise helps counteract acidity in our bodies and sweat gives acid another pathway out of the body. Plus, it helps to oxygenate and alkalize your blood.

7. Seek balance
Stress contributes to acid build-up so find ways to de-stress. Meditation, yoga, deep breathing and long walks are all great ways to de-stress and reduce acid levels.
N.E.T.T which stands for ‘No Extra Time Tasks’ is a useful tool to ensure you are making the most of your day.

It is simple a process of combining tasks you desire to do simultaneously and therefore creating time to do them or saving time.

Rather than spending that hour in traffic every day to listening to the radio, you might instead listen to audio for work or a personal development podcast.

Instead of exercising and unplugging your mind, you might read on the treadmill and maximise your time resources.

Here are some additional ideas of No Extra Time Tasks:
- Listen to an audio book whilst on the way to work
- Brushing your teeth in the shower
- Breathing exercises whilst in the bathroom
- Doing your affirmations in the shower

What are 5 No Extra Time Tasks you can think of?

1. 
2. 
3. 
4. 
5. 

make it happen.
You may choose to have a full and short morning routine.

**Full routine:**
When you have the time required to do your full morning routine.

**Example:**
Meditate, read 10 pages of a book, exercise, say affirmations, do 3 minute visualisation, write 10 things to be grateful for, have a cold shower, take vitamins.

**Short routine:**
For when you are limited on time but you still have a non negotiable commitment with yourself.

**Example:**
Meditate, write 10 things to be grateful for, have a cold shower.
I challenge you to take the 30 day morning routine challenge. The purpose of this is for you to have more energy, be more productive, feel more present and happier.

Before you start this though please answer the below questions so you can measure your progress:

How would you describe your energy on a scale of 1-10?

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How would you describe your productivity on a scale of 1-10 in the:

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How would you describe your happiness on a scale of 1-10 in the:

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# 30 day morning routine challenge tracker.

With this tracker you can tick every day that you do your morning routine to keep yourself accountable.

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