

Skyrocket Your Success With a Motivating Morning Routine

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*Life-changing habits to start
your day better, being more
productive and set yourself up
for success*

Developing a morning routine can really change your life. Your morning routine should be unique to you. With a little experimentation, you'll quickly discover the best morning routine for you.

You might think this seems like a lot to do each morning. It might be more than you're used to doing, but that doesn't mean it's too much.

There is no rule that states you must stay up as late as possible to get the minimum amount of required sleep and barely make it to work on time. You're free to shift a couple of hours from the evening to the morning.

By the end of the day, you're beat anyway. Most people accomplish very little after 9:00 pm. Go to bed early and get up early. You'll get a great jump on the day before anyone else even gets out of bed! And your new morning routine will be a perfect start to many great days ahead.



Morning Routine Checklist

A good morning routine takes a little effort to develop, but it pays off handsomely. A morning routine can give you that great start, every day, like clockwork.

Keep these 10 tips in mind when creating your morning routine:

- Get up early. Experiment to find the right time for you.
- Drink a big glass of water each morning upon rising.
- Get some exercise in before starting your work day.
- Schedule a little quiet time.
- Start the day out right with a healthy meal.
- Go over your schedule for the day.
- Practice the same morning routine every day!
- Visualize yourself living the life you desire.
- Write down 10 things you're grateful for.
- Do not check social media until later in the morning.

Select a few items to start putting your morning routine into practice. Gradually add as you develop this new habit.

Meet Ann Rusnak



Ann Rusnak, Business Lifestyle Strategist and creator of the Simplify Your Success System™, helps busy, frazzled women entrepreneurs find the perfect life balance so they can double their income... working half the time!

She is the author of *The Journey to ME: Empowering You to Live a Life of Unstoppable Success*, and a Certified Law of Attraction Practitioner

On a personal note: She's a displaced Floridian living on the exotic North Coast of Ohio (*brrrr*). Married to an incredible man, proud mom of 2 daughters, blessed to be Gammie to her granddaughter and a pet mom owned by 4 overly loved cats.



Schedule your complimentary virtual 15 minute coffee chat

RAVES

You are absolutely correct, time "off" can be used to recharge one's batteries and return to work more productive (and refreshed).

I just took several days to travel to my hometown to visit w/ family and a childhood friend who lost a sibling. It was great to not only reconnect w/ my roots, but also to be completely off AND "offline" for a few days. Time just flew by..... no phone, fax, e-mail, web, tweets, etc. on purpose! I'm so jazzed.

I'll be cranking out my "wiener dog" book draft this weekend. More energy for that now, after my trip!

~~~Cheri Sigmon



**Laura Moore McNeeley** This week has been a game changer! Thanks to the training Monday, I have told myself daily that I ROCK, and then intentionally carved out time for my business and stuck to it! I closed my office door and got busy. That has yielded 4 new one-on-one appointments on my calendar! Yay me!!!!!!!

"Ann This System is Unbelievable... I had my best month back in February. I topped that in May by passing last years income. It's been a breakthrough year. By the end of July or middle of August I should hit the leaders criteria for my company which I've only made once in the last four years... So it's very exciting."

~~~Joe Redmond III