

Creating Your Morning Ritual

"If you win the morning, you win the day."

~ Tim Ferris

The most important part of your day is the **first 30 minutes** of waking up. Establishing a morning ritual to **assess** your current state, **develop** a plan to **own** the day ahead, and **shift** into a **peak state** is critical to your **overall productivity**. Avoid things that **trigger** or **distract** you (email, news, social media, etc). **Plant healthy seeds** that, when **watered daily**, will grow tremendous **roots** and provide you with a **foundation of purpose, belief, and strength**.

The key to success is creating a realistic, practical morning ritual that will work for YOU.

At Akamai Training & Consulting, we empower ourselves with the steps below to approach each day with gratitude, integrity, consciousness, and intention.

What does your morning ritual look like? Choose the elements that you need to **calm** your mind, **uncover** your blind spots, **establish** a clear roadmap for your day and **move** you into a peak state!

ATTITUDE OF GRATITUDE – Write 3 new things that you are grateful for today. Keep them in the same journal and review your statements when you're in need of an emotional boost. Gratitude is the single greatest tool to fight fear, stress, and frustration.

KNOWLEDGE – Inspire your mind with new information – pick up a book, read a quote, listen to a motivational clip. Find one piece of information to shift your thoughts and positively impact your day. Thoughts are constantly forming in our brains – plant the right ones to start your day (otherwise "weeds" will grow just as easily).

AFFIRMATIONS – Tell yourself what you will conquer today; build your self-confidence. Reverse your limiting beliefs. Stack positive emotions about your abilities and what you will accomplish today. This is not fantasy land – ignite yourself with tangible, behavioral statements that empower you to own the day ahead.

MINDFULNESS – Focus on this moment; remind yourself of the power of staying present. Calm your mind; breathe in healthy oxygen with slow, deep breaths (8-4-6 count); develop a deeper sense of peace, purpose, and direction.

ACTIVATE – Increase your alertness and focus through exercise or movement (jumping jacks, air squats, etc). The intention of this minute is to increase your heart-rate and change your physical/mental state. Visualize what you will do today. Experience the joy of what you will accomplish.

INTENTIONS – Set the foundation for a productive day with a clear roadmap. Select and answer personalized questions that help you gain insight on how to have a successful day ahead and avoid obstacles. Commit to accomplishing these intentions.

Setting Your Intentions

"The secret to changing your life is in your intentions. Wishing, hoping and goal setting cannot accomplish change without intention. What is needed is a shift from the inert energy of wanting to the active energy of doing and intention."

~ Wayne Dyer

WORD

One **word** that **describes** the person I **will be** today is...

TASK

One **task** I absolutely **must complete** today is...

CULTURE

One way I will **create** the **culture** I want around me (at work or personal life) is...

CONNECTION

One **person** I need to **connect** with today, and **how** I'll do it, is...

SELF-CARE

One thing I must **do** to **care** for my mental or physical **well-being** is...

The success of a morning ritual is that it works for *you*.

MAKING IT LAST

What **obstacles** might get in your way? **How** will you **overcome** them? What do **you** need to **change** to your **nightly ritual** to be ready to **own your morning**?

YOUR IGNITION SWITCH

What will you **commit to** for the next month to **establish** a morning ritual, **ignite** your **soul**, and **transform daily** into the **best you**?