

The Morning Routine Blueprint: How to Wake Up Early, Energized and Motivated Everyday



Do you struggle to get out of bed and get going? Do you wish you were excited to get out of bed in the morning? What if you could miraculously wake up tomorrow and every area of your life was transformed? How would life be different? Would you be happier? Healthier? More successful? Which of your problems would be solved? What if I told you there is a simple secret that is guaranteed to transform literally every area of your life faster than you ever believed? What if I told you it would take only nine minutes a day? Enter The Morning Routine Blueprint. Whats now being practiced by thousands of people around the world could perhaps be the simplest approach to creating the life youve always wanted. In 2012, I didnt even know what a morning routine was. Id drink coffee as soon as I got out of bed and check email early in the morning, and I didnt think twice about it. Then I realized something. A big reason most people arent successful is they fail to follow a daily routine. Instead they start each day hoping they will have enough time to make progress on their goals. I used to be a perfect example. But after years of experimenting, I realized what a difference having a morning routine makes. See, if you closely examined the worlds most successful people, youd see they start each day in an energized state, ready to accomplish any goal. Whats their secret? Like brushing your teeth, once you get in the habit of doing something, it no longer becomes a task; its just something you do. Successful people are able to focus on their tasks because they already have built habits into their mornings. And I want to help you do the same.

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