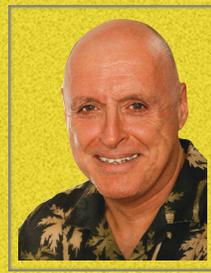


THE EXTRA POINT

BY JERRY ROBERTS



94 Building a New Morning Routine

What's your morning routine like, and how can that influence the rest of your day? I'm Jerry Roberts and let's talk about how the way you spend the first couple of hours can make a difference, today on The Extra Point.

People generally start their day in one of two modes: reactionary or intentional. Let's talk about the differences.

First, reactionary. You wake up with the alarm going off and the first thing you do is check your phone for emails, texts, and what's up in your social media channels. If you have kids you get them up, and everybody plows through the next 60-90 minutes as they try to get out the door for school and work.

This is a morning where everything is rushed. There's not much time, if any at all, for relaxed conversation or pleasantries. It's stressful for everyone. People feel frazzled. Maybe you slam a couple cups of coffee and something unhealthy for breakfast, and then you hit the workplace, sometimes already in an agitated or even mentally exhausted state.

Let's talk about being more intentional.

1. You can control when you go to bed. Science tells us the prime hour to begin sleeping is 10pm. If you don't work normal daytime hours, you'll need to do a little work to figure your best time.
2. Shut down all electronics 30-60 minutes before going to bed. You're going to be totally unplugged. Spend 5-10 minutes thinking about and mapping out the next day's priorities.
3. Plan for seven to eight hours of sleep. If you wake before that, avoid checking your phone. See if you can get back to sleep.

If you meet your sleep goal you'll wake up more refreshed than usual and with a clear mind. If it

doesn't happen right away, don't give up. Your body will eventually adapt to the new schedule.

4. With others still asleep you're free to greet the day on your terms, whatever those are. Here are some suggestions:

- Spend 5-10 minutes in prayer, or just quiet time. Focus on gratitude and what you have, not what you don't have.
- After that, get in 15-20 minutes of exercise.
- In the next 20 minutes eat a healthy breakfast, and revisit your notes on what you want to accomplish that day.
- Follow that with a cold shower. If you can't handle cold right away, start with warm, move to cool, then cold. Get at least a couple of minutes of cold water on your body. You'll feel incredibly refreshed when you finish.

5. If others are still asleep you might nibble at an important project or goal. You'll be at your creative best. If they're waking up you'll be in a much better frame of mind to get them going.

The key is to meet the day in a quiet way and have time for yourself. This requires at least an hour. With planning you can make it happen. Of course, when your personal time is over and you're feeling great, flip on the radio and see what Ray is up to.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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