

THE EXTRA POINT

BY JERRY ROBERTS



757 Designing Your Miracle Morning – Part 1

One of my training students heard me on a previous broadcast of this radio feature, praising the benefits of a morning routine, and then told me that she's not a morning person. If that fits your description too, I've got something that just might help you become one. That's next, on The Extra Point.

This young woman told me she has never been a morning person and probably never could be. I told her I understood, because I never thought I was a morning person either — until I became one. If you would like to make mornings more meaningful, Hal Elrod and David Osborn wrote a book that might help. It's called *Miracle Morning Millionaires*, and we'll be referring to it over the next couple of days.

Elrod and Osborn claim there is a connection between mornings and wealth. Osborn was a night owl, with his work consuming his evenings. He had trouble making time for his family and getting his work done. He also found it difficult to fit in personal growth activities that would enable his business to prosper.

He tried to squeeze self-development into the afternoons, but one thing or another got in the way. It became clear that if he was to get ahead, he had to change and make mornings more productive.

Research from Heidelberg University in Germany was in line with Osborn's thinking, showing that people whose performance peaks in the morning are more proactive, and better positioned for career success.

"Yeah, well that's all well and good, Jerry, but didn't you hear me say I am not a morning person?" Oh I know, you love sleeping in, have a hard time getting going in the morning, and the first couple of hours at work are a challenge. If you don't slam down two cups of coffee, you won't get anything done, right?

Okay, maybe that's a bit of an exaggeration in your case, but the description certainly fits a lot of people. Let me ask this: what if there was a way you could transform yourself into a highly productive morning warrior? Elrod and Osborn might be able to help.

First things first, we need to establish why people struggle in the morning. The answer is there is simply nothing that motivates them. I won't get into whether or not your job motivates you, but I can tell you, if you want to make mornings deliver big results, that motivating factor has to be there.

In the book, they refer to increasing our Wake-Up Motivation Level. According to the authors, it doesn't take more than five minutes. They've broken those five minutes into five steps, and here they are.

Minute One: Get intentional. Set your intentions before you go to bed the night before. Do that, and your first thought in the morning will be the same as your last one in the evening.

Minute Two: Get out of bed to turn the alarm off. This means you have an alarm, make it loud, and don't have it on the night stand next to the bed, within easy reach. If you want it off, you'll have to get out of bed.

Minute Three: Go straight to the bathroom and brush your teeth, plus anything else you need to do. Splash some cold water on your face.

Minute Four: Drink a glass of room temperature water. You're dehydrated after sleeping, and this lubricates the plumbing.

Minute Five: Move into the next stage of the morning routine. For some, that will mean exercise. If it's not a workout day, jump in the shower.
(Con't.)

Tomorrow, we fill in some of the details on how Elrod and Osborn design their mornings, and why. Further, how to get started.

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

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