

THE EXTRA POINT

BY JERRY ROBERTS



758 Designing Your Miracle Morning – Part 2

Hal Elrod and David Osborn wrote the book, *Miracle Morning Millionaires*. They show the advantages of becoming a morning person, and how to do that. Yes, you can transform yourself from a night person to a morning person. Part two of that conversation is next, on The Extra Point.

In part one of this conversation on how to become a morning person, we listed five initial and quite simple steps to take to start transforming yourself into a morning person. You can get that by downloading Extra Point #757 at guamtraining.com.

Your decision to become more of a morning person might be based on the premise of the book — to gain wealth — or it could be to improve health. Maybe it's a combination of both. Whatever the reason, if this is something you want, how you get there is much more mental than it is physical, and it will involve commitment. There may be times you want to give up. When that happens, what will keep you in the game?

This is that mysterious “why” people talk about. Your “why” is the reason you put up with adversity. What will motivate you to stick with the decision to become a morning person, when you're wavering and it would be so easy to throw in the towel?

Yesterday, when we listed those five initial steps, we spoke about our W.U.M.L. — our Wake-Up Motivation Level. We want it to be high, so we jump out of bed and launch into our morning routine. After shutting off the alarm, going into the bathroom, then drinking some water — what comes next?

The good news is there's no one way to do it. You can experiment with all kinds of ways to build your morning routine. Authors Elrod and Osborn describe a possible path to take, and we'll use the acronym S.A.V.E.

- S is for Silence. Some people love to start their day quietly, with prayer or meditation.
- A is for Affirmations. These are positive phrases to promote the right mindset. You can include your goals and objectives.
- V stands for visualization. Experts tell us the brain cannot tell the difference between imagination and reality. Focusing on images of reaching goals, helping others, growing the organization as well as individually, helps us see the power of our potential.
- E is for Exercise. We've done a lot in a short time to exercise our brain and mindset, and now we want to exercise our body. Research shows it doesn't have to be a long, exhausting workout. Even a few minutes of moderate exercise can have a serious positive impact on our overall well being.

Let's see where we are. We're likely 30-40 minutes into our day, and we've done some very good work on ourselves spiritually, emotionally, and physically. We can wrap things up back in the bathroom with a brisk shower — cold water is best and you can work up to that, I promise — and then some good food to fuel the morning's activities.

Would your morning be different? How so? The good news is that you're the designer. What I like, or what Elrod and Osborn like may not be good for you. You can decide what goes into your morning routine and in which order. You can experiment with any combinations you like.

I've read many accounts of how people built successful early morning schedules, and there is a common bond with most of them. The first part of the day, the earliest part, is for them alone.

(Con't.)

When they're done with that, they get cleaned up and dressed, and if they have a family, then they join them.

If you're not a morning person but the concept intrigues you, download Extra Points #757 and 758, and start to imagine how you can arrange things for your maximum benefit.

You just might be amazed how good you feel after a few weeks of another way of waking up. If you give this a try, let me know how it works for you.

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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