

WIN THE MORNING, WIN THE DAY!

MORNING

Mastery



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Introduction

Each day starts out with a morning. You may wake up because your circadian rhythm is in total sync with the sun. Or, you might have woken to the shrieking sound of your frantic alarm clock, forcing you to start the day.

But any way you end waking up, morning is the first part of the day. It's when you have the most important meal of the day. It's when you get ready to conquer the day ahead of you. For some people, it's the only time alone they get before the rest of the day comes breaking their door down.

So why not try to make every day start off as a good day?

CHAPTER 1

WAKING UP



Chapter 1

Waking Up

How we start the day is how we end the day. And we begin our day by waking up. But here's the question: How do you get out of bed? Do you wake up grumpy and frustrated? Or do you wake up feeling grateful and excited? Consider this idea, if the first sentence to your paragraph is weak, nobody's going to read through the rest of it even if the rest is beautifully scripted.

The same goes for your morning. If your morning doesn't go the right way, no matter what happens through the rest of your day it'll remain a bad day because of the way it started.

It's an inevitable chain reaction that you can prevent if you simply pay more attention to how your morning goes. The first step is waking up in a better spirit. The easiest way to do this is by rising early.