

Greater Start, Greater Impact!

Launching into a Day of Success and
Productivity

By Kerrie Martin



About the Author

Kerrie Martin is a life coach and trainer who equips people to take strategic steps to fulfill their purpose and perform at peak levels. Using his experience in higher education and coaching psychology, Kerrie take a strengths-based approach to empowering others to form the habits and thinking patterns that enable personal success.

Table Of Contents

1. What Time Do I Start My Day?	4
I. START CONSISTENTLY: Build a Routine	4
II. START EARLIER: Become a Morning Person	5
a) Peace and Quiet	6
b) Reduce Stress	6
c) Opportunity to Get the Blood Flowing	7
2. How Do I Fuel My Day?	8
Tip #1: Actually Eat Breakfast!	9
Tip #2: Get Rid of the Sugar!	9
Tip #3: Stop Buying Sugary Foods	10
3. What Drives Me?	11
Morning Motivational Maintainers (MMMs)	11
a) Connecting with Others	12
b) Make a 'Daily Success List'	12
c) Complete Your Easiest Task First	13
d) Focus on Purpose	14
FINALLY...	16
References	18

Master the Morning Report: Launching into a day of Success and Impact

How you start your morning is essential for determining how the rest of your day will go. If you start the day off right, that momentum will follow you through the rest of the day. If your mornings are sluggish, inconsistent or even frantic, though, you'll find that your success is less certain.

The most powerful, driven, and successful people in the world know the power of ritual, and this includes morning rituals. Your day is full of uncertainty and factors you may not be able to control, but how you start your day is up to you, which is why elite performers like CEOs, athletes, and world leaders are so committed to starting their day in the right way.



Your influence should not be based on how you react to challenges in your day, but on how you prepare yourself for them!

While we all have different schedules and different demands on our time, it doesn't matter if you're a prince or a pauper; we all have to deal with the same morning grogginess.

The information below provides you with research findings and insights from the most successful people into what you should be thinking about when it comes to starting your day:

1. What Time Do I Start My Day?

I. START CONSISTENTLY: Build a Routine



Your morning ritual sets the pace for your entire day. Make sure you get the right start with a consistent morning routine! It's extremely difficult to start the day off right if you are getting up too late. It's even harder to keep a schedule of rituals or routines if you are waking up at inconsistent times.

To create the best morning routine, you need to get up at the same time every day so your body and mind develop an in-built rhythm for daily success.

II. START EARLIER: Become a Morning Person

Have you ever noticed that very few people consider themselves a 'morning person'? When you meet people like this, it's a rarity. What's interesting, though, is that these morning people are quite often the most motivated and successful people that you've ever met.

Benjamin Franklin once said, *"Early to bed, early to rise, keeps a man healthy, wealthy and wise."*

For many, it has become a habit to get up just in time. They wait until they have exactly the amount of time needed to get up and out of the house. Getting up 'before it's time' may seem like a



waste of time, but if productivity and impact are priorities for you, then time has to be maximized.

It is argued by many that they sleep later because they are more productive at night, which may be true for some, but research evidence points to morning people being more productive. Productivity is strongly linked to being proactive and Rander (2009) found that morning people tend to be the most proactive.

Research cited in the Harvard University Gazette (Vennells, 2019) also found that early risers tend to be happier, while an article in the Guardian newspaper (Devlin, 2019) cited research that found that early risers were less likely to suffer from mental health issues.

Here are some additional benefits that result from starting your day earlier:

a) Peace and Quiet

To be productive, you need to be able to clear your mind and think things through. The early morning is one of the best times to get this deeper thinking done, particularly if others in your household may require your time and attention.

When you wake up early, you have some time to yourself. You can use this time to think through the issues that you are facing in your day, and how you can strategically get past them.

b) Reduce Stress

Are you the kind of person that jumps out of bed, already running late?

If so, your habits need to drastically change. Being in a hurry means that you start your day in a stressful place, and how you start will generally follow you throughout the rest of your day.

When we are stressed, our brain has to devote excessive resources to just managing the stress response (e.g. a rise in heart rate, elevated blood pressure, bodily tension) meaning that fewer resources are committed to actually managing the source of the stress.

When you start your day earlier, you get the chance to get ahead of situations before they begin to take on a life of their own.

c) Opportunity to Get the Blood Flowing

Most people see the benefit of exercise, but for many, two of the biggest barriers to adopting a good exercise regime are the fact that some don't enjoy exercise or they don't have the time for it. It is very difficult to address the enjoyment factor as it is so subjective, but the time issue is one that can be addressed by starting your day early.



Morning exercise does not have to involve running 10 miles or bench-pressing 100 pounds! Even light to moderate exercise can have a profound impact on your day. Physical activity is scientifically linked to better mood, better confidence, and (of course) better overall physical health.

It doesn't matter too much what your exercise is, so long as you're doing something to get your heart rate and metabolism going in the morning. Even a morning walk can be enough to get the blood flowing and initiate an energy-filled start to the day.

2. How Do I Fuel My Day?

You need all of the energy that you can get to push yourself through those morning hours. Your morning sets the tone for the rest of your day. As a result, you'll want to start off with a light, but powerful breakfast.



Try to stay away from things that are going to slow you down midday, like sugar and heavy carbs. Keep to lighter carbs and protein to give you what you need to power through the day.

Many of us fail to eat healthy breakfasts because we feel like we don't have enough time. Here's the solution: Go to bed half an hour earlier than normal and wake up 30 minutes earlier. Now you have plenty of time to treat yourself to a healthy and fulfilling breakfast.

Here are some tips to make sure you are fueled for a day of success:

Tip #1: Actually Eat Breakfast!

Try driving to work with no gas in your car or making a phone call without a charged phone. Food (or more to the point, 'good' food) is literally the fuel for your body and most importantly your brain. Lack of energy, lost concentration, and low drive can all be linked to a body that is not properly fueled.

This may be news to you, but without food, humans die! This should be evidence enough to demonstrate how essential eating is. Since we know that food is important, why would anyone expect to start their day well without eating well?

Tip #2: Get Rid of the Sugar!

Starting the day with high levels of caffeine and sugar can often give you the boost you need to start your day, but they lead to the 'firework effect', which is where you burn brightly for a little time, then die quickly.

This report is geared towards helping you to be productive and impactful throughout your day. Having a quick energy boost and then a quick crash WILL NOT lead to productivity!

When you start your day off with a sugar rush, once that has subsided, you spend the rest of the day mentally and physically trying to catch back up to that sugar high. This is an awful and unproductive way to spend your day!

Tip #3: Stop Buying Sugary Foods

The purpose of tip 3 is to help you with tip 2 and quite simply, it's time to clear your pantry! This means tossing everything that won't help you to reach your health goals.



The best way to stop eating sugary foods is to stop buying sugary breakfast foods in the first place. Remove them permanently from your shopping list if you want to see real results. Instead, replace sugary foods with healthier options. This point is backed up with recent research that found that employees who maintained an unhealthy diet were 66 percent more likely to lose productivity during the day than colleagues were regular eaters of whole grains and fruit (Merrill et al., 2012)

Get the right start to your day so your body and brain can stay active, healthy, and sharp.

3. What Drives Me?



Morning Motivational Maintainers (MMMs)

Many people start their day well with lots of energy and enthusiasm, what can be a problem however is maintaining that energy. For some, the way to maintain energy is to increase their intake of caffeine throughout the day. Alternatively, there are small activities we can do each morning which can help us to build the momentum and motivation to push us through the day. These are called Morning Motivational Maintainers (MMMs).

Starting your day earlier allows you to commit time to some of the activities listed below, which can be key to helping us to maintain our drive:

a) Connecting with Others

Send a friend a warm text. Leave your spouse or partner a romantic note. Send an email to your grandmother saying you love her.

It can be easy to forget the important things in life, especially if we're under stress at work. Brightening someone's day takes only a few seconds, and getting in the habit of doing it can give you a more positive outlook on life, especially when you find out how much they appreciate what you've done.

You'll feel better throughout the day knowing that you've reached out to someone you love.

b) Make a 'Daily Success List'

A Daily Success List should be part of your morning routine, BUT, it should be crafted the night before. As you're finishing your day, make a list of the top 5 things you need to succeed in during the following day and put the items in order of priority.



Put the list somewhere obvious so you can't miss it, for example in a notebook next to your bed and begin your day by looking at your list.

The added benefit of crafting a Daily Success List the night before is that it can help you to sleep better. People often lose sleep when they have things on their mind. It could be items they forgot to do or items that you don't know how to start. People can even lose sleep by thinking about something they are concerned they'll forget to do.

What a Daily Success List does is it tells the brain “this is important and tomorrow I will address it in these steps”. Taking this approach allows us to create a separation between the end of one day and the beginning of the next.

c) Complete Your Easiest Task First

There is a school of thought that we should begin each day by completing our most difficult task first. In fact, Mark Twain said, “eat a live frog first thing in the morning. Anything else you do the rest of the day will be a pleasure.”

There is some logic behind this approach in the sense that our days are often most disrupted and hindered by projects and items that overwhelm us due to their size or complexity. If one can address that big issue first, it can lead to us feeling victorious and triumphant. However, what happens if the hardest task is so overwhelming that we avoid it altogether? The avoidance of an overwhelming task can take away our confidence and stop our productivity on smaller tasks.

Procrastination is directly correlated to task challenge. Once we procrastinate, the energy is immediately drained from our day. It is therefore suggested that you start your day with an easy task just to get an “easy win”.

Psychology has shown us that humans are motivated by positive reinforcement. We are driven by and encouraged by rewards. What better way to start your day than by having success in your first 5 minutes of the day. The brain likes the idea of achievement and sends pleasure signals to us when we get the rewards that come from achieving something.

Starting your day with an easy task provides an opportunity for you to feel you've achieved something. Achievement leads to the positive brain-stimulated feelings that give us the drive to push on to greater things in the rest of the day.

d) Focus on Purpose

Begin your day by focusing on your purpose. Each person has a unique purpose for waking up, but sometimes we get so caught up in the routine that we don't think about 'why' we're doing what we're doing.



When we watch the Olympics on TV, we enjoy the spectacle of seeing athletes performing at peak levels, but we often have no idea about the level of sacrifice that takes place beforehand. We don't see the diet restrictions, and the all-night training sessions and the endless physiotherapy. These athletes sacrifice so much so they can be ready for their moment in the light.

What countless athletes talk about during these 'dark' moments is the importance of visualizing their moment in the spotlight. They picture themselves in the Olympic stadium representing their nations and picking up their medals. They use vision to keep them pushing and to lift them out of their slumber in time for a 4 am run.

The morning is a great time to focus on your purpose and the reason you're about to do what you're going to do that day.

You can focus on your purpose through prayer, reading scriptures, reviewing your bucket list, working on your vision board, or even by watching over your children as they sleep. Whatever is at the core of your purpose, use the morning to focus on that core so it keeps you fueled throughout the day.

FINALLY...

Please reflect on this statement:

"TIME IS THE MOST PRECIOUS COMMODITY WE HAVE!"



Too many of us think of money or possessions as our most precious commodities, but if we think that way, we are wrong!

You can lose every penny you have, but as long as you have TIME, you have the ability to make every single penny back. Once you lose time, however, you CANNOT get a single penny back. Going to bed late and waking up late may seem attractive in the short-term, but when you think about it, we're wasting so much time.

We say:

“I don’t have time to cook healthy meals”

“I don’t have time to exercise”

“I don’t have time to call my mom”

“I don’t have time for date nights”

“I can’t find enough time to spend with my kids”

BUT, did you know that it is possible to add a 53rd week to every year? Would you be interested in adding a whole extra week to your year, every year? It is very simple...

Wake up 30 minutes earlier and use that time to do some of the things in this report!

By just adding 30 minutes to your morning routine, you get to add an extra 7 days (or 10,950 minutes) to every year!

You have no excuses!

You may have books to write, movies to produce, businesses to start, ministries to build, or perhaps loved ones that just need more of you!

Whatever you need to do, start to maximise your time by mastering how you start each day!

References

Devlin, H. (2019, January 29). Early risers 'less likely to develop mental health problems'. Retrieved from <https://www.theguardian.com/society/2019/jan/29/early-risers-less-likely-to-develop-mental-health-problems>

Merrill, R. M., Aldana, S. G., Pope, J. E., Anderson, D. R., Coberley, C. R., & R. William Whitmer, And The Hero Research Stud. (2012). Presenteeism According to Healthy Behaviors, Physical Health, and Work Environment. *Population Health Management, 15*(5), 293–301. doi: 10.1089/pop.2012.0003

Randler, C. (2009). Proactive People Are Morning People. *Journal of Applied Social Psychology, 39*(12), pp.2787-2797.

Vennells, L. (2019, February 1). Benefits of being an early riser vs. a night owl. Retrieved from <https://news.harvard.edu/gazette/story/2019/01/benefits-of-being-an-early-riser-vs-a-night-owl/>

Start your day
differently and
change your life.

What next? Take
action!

[Click here](#)

