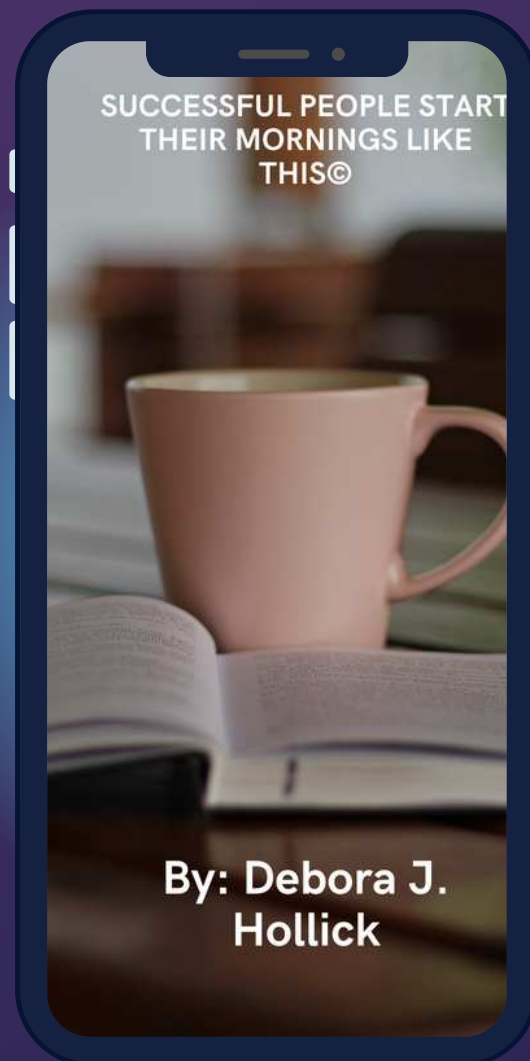


# SUCCESSFUL PEOPLE START THEIR MORNINGS LIKE THIS©



**Debora J. Hollick**, The Smash Through Mentor,  
An International Speaker, 4x International #1 Best-Selling Author,  
Award-Winning Productivity Facilitator, Trainer



We all do things differently.

What works for me, might not work for you, so it is important that we all use discernment and choose what is best for ourselves.

Just because some guru somewhere, says it is good, doesn't mean it will be for you.

It is wise to always ask ourselves, "Is this good for me?"

If your answer is yes, great, enjoy.

If your answer is no, pat yourself on the back for making decisions and choices that work for you. Move on and seek, not only what might be good for you, but what you enjoy.

**There does, however, seem to be some agreement that a good morning routine is essential to success.**

Perhaps some of these ideas will work for you.

## **EARLY TO RISE**

I find getting up between 5 and 6 a.m. really works for me. I don't like rushing so having time to relax in the morning, and to do things for myself, before getting into my office, helps me have a calm day.

- YES, this works for me.**
- NO, not my idea of a good time.**

## **MEDITATE**

This is something I like to do shortly after waking up, even if just for a few minutes.



Some days I choose a silent meditation, others I listen to meditation music or guided meditations. There is so much available for free. I encourage you to explore many varieties.

I feel great after I meditate! Have you tried it?

**YES, this works for me.**

**NO, not for me.**

## **PREPARATION IS KEY**

Do you find yourself spending time each morning trying to figure out what to do first?

I find preparing at the end of my workday for the next one, is extremely helpful. When I have tasks scheduled, I am more productive.

**HINT:** *Schedule the most difficult task first. For me, this makes the rest of the day go a lot more smoothly. The other tasks feel much easier when I compare them to what I have already accomplished for the day.*

**YES, great idea.**

**NO, not my style.**

## **PHYSICAL ACTIVITY**

Great for the mind and body! I'm no expert in this area but studies show that our cognitive abilities are strengthened, and energy levels increase when we exercise, regularly. Also, it clears out our mind and reduces stress levels.



Maybe working out isn't your thing (*it's not mine*), so how about dancing or walking?

What other activity appeals to you?

- YES, love this.**
- NO, are you kidding me?**

## HYDRATION

I enjoy drinking water, especially in the early morning. Some like it cold, others hot or room temperature. What about you?

- YES, good stuff.**
- NO, I don't think so.**

## BREAKFAST

There are lots of different opinions on whether one should eat breakfast early or not? Some people like to fast, others find eating early in the morning gives them the energy they need to get going.

Some people say it kickstarts their metabolism. What say you?

- YES, this works for me.**
- NO, just can't do it.**





## **DISTRACTIONS GET GONE**

This is important, especially, in the life of an entrepreneur or someone working from home.

Spending time constantly checking social media or emails does not keep you focused on the task at hand.

Okay, there may be the odd time when you might need to check your email for something that may affect what you are doing at the time, but for the most part...

And those computer games you might like to sneak in, now and then...not a good idea. Save them for breaktime or after work.

- YES, this is essential.**
- NO, I'm able to refocus quickly.** *(I encourage you to really think about this one twice.)*

## **CHECK OUT YOUR WORLD**

No, I'm not talking about listening or reading the news! Please don't do that.

If your day feels dull, draw back the curtains or raise the blinds! See and feel the world around you.

Exposing ourselves to natural light signals the body to stop producing melatonin – the sleep hormone. It wakes up our brain!

If you aren't one who likes an outdoor activity in the morning, poke your head out the door or window, take a deep breath of the fresh, crisp air.

**Enjoy it! It's FREE!**



Going outside not something, you can do? No problem. Turn on some lights! And shine on!

- YES, this is an eye opener for me.**
- NO, I like the dark.**



## **VISUALIZATION**

This is one of my favourite things to do! I love spending time, closing my eyes, and seeing what I want in my mind's eye, imagining the exciting possibilities. Then, letting my visions unfold.

***Remember to always visualize this or something EVEN BETTER. Even WAY BETTER is okay, too!***

See your tasks being completed easily and happily. Afterall, we need to get things done, so we may as well choose to enjoy doing them.

- YES, I agree.**
- NO, I don't think so.**

## **MAKE YOUR DECISION**

Yup. We really do get to decide how our day is going to go. Yes, things might try to get in our way, and they may throw us off track. That's okay.



Because we get to decide how we are going to react in any given situation. Some people choose to react poorly. That doesn't have to be your choice.

We can choose to find and look for the nuggets in the situations or choose not to.

When we realize we have choices, then take control and decide, life seems to get a whole lot easier. At least that has been my experience.

**YES, 100%.**

**NO, I'll just choose to be miserable.**

## **AND ABOVE ALL ELSE...**

### **Figure out your own routine.**

What makes you feel the best?

What makes you happy?

What helps you be the most productive and creative?

What rituals speak to you?

And when you do, I strongly suggest you stick to it, as best you can and please don't beat yourself up if everyday doesn't go according to plan.

**YES, this works for me.**

**NO, I'll just go along with what others tell me to do.**

**Whatever you decide is your jam, enjoy  
your day and all it brings.**



**Debora J. Hollick**, *The Smash Through Mentor*, is an International Speaker, 4x International #1 Best-Selling Author, **Award-Winning Productivity Facilitator** and **Trainer**.

She helps businesses and professionals, smash confusion, solve chaos, and stop cussing. to optimize personal & team performance and productivity. Her clients say, ***"It feels like receiving a warm energy hug, while also receiving a gentle kick in the pants!"***

Debora will help you create a ***selfie of a different sort*** that will shift your thoughts and boost productivity. Together, you can: ✓ Increase employee retention, ✓ Encourage inspired action, and ✓ Build positive team dynamics.

In customized sessions, Debora will share her own research methodology that is proven and has been presented globally, on how ***thoughts = performance***.

She is a dream builder and persistent sales wizard that has been there and done that. **In three sessions, your organization will be changed forever.**

Debora speaks in person and/or virtually to Corporations, groups, and Associations of all sizes. A few of the topics she speaks on are:

- The W.O.W! (Wonder, Openness & Wisdom) Concept
- A Selfie of a Different Sort
- Listen To The Whispers Or...Get The 2x4!
- Do You Have A Bully Living Within?

She is the author of ***LIVE LIFE IN W.O.W! Nuggets of Wonder, Openness & Wisdom*** anthology book, accompanying ***PLAYBOOK*** and is the founder of **The W.O.W! Concept** events planned to launch during 2023.





Amazon Links to purchase books:

**[LIVE LIFE IN W.O.W! Nuggets of Wonder, Openness & Wisdom](#)**

Debora is also a contributing author to other books ~ [Cinderella Monologues by Mila Johansen](#), [bLU Talks Business, Life, Universe Vol 3, by Corey Poirier](#), and [How Big Can You Dream by Viki Winterton](#). Check out her Author page on Amazon. Come back often to see more books to be added, soon!

**Contact Debora:**

<https://www.linkedin.com/in/deborajhollick/>  
<https://www.facebook.com/groups/604879661411370>  
<https://www.facebook.com/SmashThroughMentor/Debora@smashthroughmentor.com>

DISCLAIMER

Any classes, programs, or material, presented by Debora J. Hollick and/or the Smash Through Mentor, are copyright. They are designed and intended for fun, growth, empowerment, informational, motivational, educational, and thought-provoking purposes only. They are sold or given with the understanding that the presenter/trainer, author, or publisher, is not engaged to render any type of psychological, legal, or any other kind of professional advice. The ideas, content or suggestions are the sole expression and opinion of its author. No warranties or guarantees are expressed or implied by the presenter/author. The presenter/author shall not be liable for any physical, psychological, emotional, mental, or damages of any sort whatsoever, including but not limited to special, incidental, consequential damages.

Our views and rights are such that you are responsible for your own choices, actions, and results.