THE AKAMAI MORNING

Creating Your Morning Ritual

"If you win the morning, you win the day." ~ Tim Ferris

The most important part of the day is the first 30 minutes of waking up. Setting up a morning ritual to assess your current state, develop a plan to own the day ahead, and shift into a peak state is critical to your day's overall productivity. Avoid things that trigger you or distract you (cell phone, news, etc). Plant healthy seeds that, when watered daily, will grow tremendous roots and provide you with a foundation of purpose, belief, and strength.

The key to success is creating a realistic, practical morning ritual that will work for **YOU**. Here is an example; we use this at Akamai Training & Consulting to set ourselves up to approach each day with gratitude, clarity, integrity, and intention. What are the non-negotiable elements you must include to address your needs, uncover your blind spots, and put you into a peak state?

ATTITUDE OF GRATITUDE – Write 3 new things that you are grateful for today. Keep them in the same journal and review your statements when you're in need of an emotional boost. Gratitude is the single greatest tool to fight fear, stress, and frustration.

KNOWLEDGE – Inspire your mind with new information - pick up a book, read a quote, listen to a motivational clip. Find one piece of information to shift your thoughts and positively impact your day. Thoughts are constantly forming in our brains - plant the right ones to start your day (otherwise "weeds" will grow just as easily).

AFFIRMATIONS – Tell yourself what you will conquer today; build your self-confidence. Reverse your limiting beliefs. Stack positive emotions about your abilities and what you will accomplish today. This is not fantasy land; make tangible, behavioral statements to empower you to own the day ahead.

MINDFULNESS – Focus on this moment; remind yourself of the power of staying present. Calm your mind; breathe in healthy oxygen with slow, deep breaths (8-4-6 count); develop a deeper sense of peace, purpose, and direction.

ACTIVATE – Increase your alertness and focus through exercise or movement (jumping jacks, squats, etc). The intention of this minute is to increase your heart-rate and change your physical/mental state. Visualize what you will do today. Experience the joy of what you will accomplish.

INTENTIONS - Set the foundation for a productive day with a clear roadmap. Select and answer personalized questions that help you gain insight on how to have a successful day ahead and avoid obstacles. Commit to accomplishing these intentions.

COREY P CAMPBELL | AKAMAI TRAINING & CONSULTING | WWW.AKAMAITRAINING.COM
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Intentions

"The secret to changing your life is in your intentions. Wishing, hoping and goal setting cannot accomplish change without intention. What is needed is a shift from the inert energy of wanting to the active energy of doing and intention."
~Wayne Dyer

WORD
One **word** that **describes** the person I **will be** today is...

TASK
One **task** that absolutely **must be done** today is...

ADVICE
One piece of **advice** a high performance coach would **tell me** for today is...

CONNECTION
One **person** I need to **connect** with today (and **how** I'll do it) is...

SELF-CARE
One thing I need to **do** to **take care** of my **mental/physical well-being** is...

The success of a morning ritual is that it works for *you*.

DRIVING IMPACT
What **elements** work for you? How can you **change** your **nightly ritual** to create a more **impactful** morning?

YOUR IGNITION SWITCH
What will you **commit to** for the next two weeks to **ignite yourself** in the morning and **discover a new you**?

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