



THE EARLY MORNING RITUAL

Want to add 200+ quality hours to your coming year?

Hours of uninterrupted time to write, create, meditate, exercise, plan, pray...get riches, happier, healthier, more focused and fired up?

Do this one thing:

Get up one hour early and watch your productivity and life soar.

“The first hour is the rudder of your day” – Henry Ward Beecher

“You can change your life if you're willing to change what time you wake up in the morning”

- Andy Traub, author of Early to Rise

Various names for this ritual:

Power Hour – Tony Robbins

Holy Hour – Robin Sharma

Miracle Morning Ritual – Hal Elrod

Our name:

The Early Morning Ritual

- It changed my life 30+ years ago
- It consistently keeps me productive, focused – and creatively fulfilled
- It can power-up YOUR life and creativity if you persist with it on this program

The Bad News

- *At first it may not be easy*
- *People may call you crazy*
- *You will want to give up!*

The Good News

Yet as your coach and leader I urge you to be FEARLESS about making it *your ritual*.

Because I want you to know I consider this the number one “ritual” that will change your life and chances of real goal success.

- *Go on – try it for this week and report back to me and your fellow Goal Success tribers how you find it.*
- *The only courage you really need is the courage to begin* – Julia Cameron, author of The Artist’s Way

Goal Success

- And that means – going to bed earlier – starting from tonight!

Let's look at a simple, easy to follow, example: **Tony Robbins' early morning routine** which has 3 parts:

- Moving and Breathing (5 minutes)
- Emotional State of Enormous Gratitude (5 minutes)
- Incantations (5 minutes) aka Affirmations

Tony Robbins examples of Incantations:

- *All I need is within me now.*
- *All the joy I need is within me now.*
- *All the love I need is within me now.*

My words are more like an affirmative prayer which I say as I light my candle and before my Journaling.

Bless this day with love and light...Bless this day with Divine Source Energy – I am so grateful that everything happens in Divine Right timing and guidance with love, joy and abundance.

In his book ***The Miracle Morning*** Hal Elrod distils his routine into the following LIFE-**S.A.V.E.R.S** steps:

S is for **Silence** – purposeful Silence (where you can do meditation, prayer, reflection, breathing and gratitude)

A is for **Affirmations** – State what you really want, why you want it, whom you are committed to BEING so you can create it; what you are committed to DOING to create it; add in inspirational quotes.

V is for **Visualization** – this is mental rehearsal plus a Vision Board

E is for Exercise

R is for Reading

S is for **Scribing** (his word for Journaling)



The Early Morning Ritual For Writers

This is about turning “pro” as Steven Pressfield puts it, so you can win your inner creative battles with Resistance.

The real secret about PRO WRITERS is that they do it every day – no matter what!

Daily routine turns into habit and once you turn habit into an “unthinking ritual” you save energy and time in getting things done, achieving your goals.