



THE EARLY MORNING RITUAL

Supply List

Called the Power Hour, Holy Hour or Miracle Morning ritual, I am going to introduce you to the number one “ritual” that changed my life 30+ years ago and which consistently keeps me productive, focused – and creatively fulfilled. And can power-up YOUR life and creativity too.

You will need:

1. A candle (choose any color you like) and matches
2. A journal which you will cover in paper you choose specially for it and then name it: MY GOAL & LIFE SUCCESS JOURNAL – 2015
3. Writing pen and (optional) a range of 6 colored pencils, gel pens or – my favourites – Tombow colored brush pens/ markers (One end is a brush and the other is a thickish felt tip pen. Made in Japan – they are not cheap but soooooo worth it).
4. An alarm/timer – I use my Smartphone. This can double as your alarm clock – and later as a timer when we get to the wonderful Time Management Pomodoro exercise.

In the video and I give an example of some early morning rituals...but I am not going to dictate exactly what you must do in **your** Early Morning Ritual Time – other than:

- Drink a large glass of water on rising (later you can have tea or coffee);
- Light your candle and offer a blessing or prayer for your day;
- Write in your journal for 15 minutes as part of your Goal Success program, ending with a list of 5 or more things you are grateful for NOW – and will be grateful for in the future!

Other Early Morning Ritual suggestions are: meditation, yoga, exercise, prayer, inspired reading or listening to an uplifting audio/podcast.

Let me know which ones you find easiest and most useful in your life.