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What is a morning routine?

A morning routine is just what it sounds like. A routine or set of steps you do every morning. The best part of a morning routine is it doesn’t have to be at the exact same time every day. If you wake up at 6:00am on weekdays and 8:00am on weekends, your routine can still look exactly the same. But, a morning routine can also help you begin to wake up earlier and build some consistency from day to day.
01 A morning routine makes it easier to get up.
02 An established routine is easy to follow even when you are tired.
03 You will get more done in the morning.
04 You will be less stressed.
05 You will be more likely to eat a healthy breakfast.
It will be easier to get to work or appointments on time.

A morning routine allows you to take care of yourself.

A morning routine gives you a positive start to the day.
Life SAVERS

• Silence.
• Affirmations.
• Visualization.
• Exercise.
• Reading.
• Scribing.
Silence

The idea is to create and strengthen the serenity that lies within you. Starting your day with a moment of silence is soothing.

We all face many sources of stress on a daily basis: we might as well start with something positive and enjoyable by projecting ourselves positively into the present moment and expressing gratitude for the things we have.

Meditation, prayer and breathing exercises in silence help us appreciate calmness.

Morning silence reduces stress and enhances our ability to think and react to challenges.
Affirmations

Similar to the Coué method, and the method of autosuggestion, the more we repeat positive things to ourselves, the more it acts positively on our morale, our well-being and contributes to our success.

This step consists of writing down positive statements about oneself and reading them aloud every morning.

The goal is to remove negative thoughts from our brain that may prevent us from moving forward and to reprogram it with positive thoughts, which can lead to causing a boost effect on our actions over time.

It is recommended to make affirmations in all areas: family life, relationship with your children, work objectives, financial situation, real estate project, health, well-being, sports, relationships with friends, colleagues, etc.

In short: imagining yourself becoming the person you aspire to be, helps you to become him or her. And, by believing in yourself, you give yourself the possibility to become that type of person.
Visualization

By visualizing successful situations that you want to achieve in the smallest details, you project yourself as a winner, you then imagine each situation as possible and achievable.

Elrod says that for five minutes, you should “visualize living your ideal day, performing all tasks with ease, confidence, and enjoyment.”

Again, having a positive vision reinforces our ability to believe in it, and to access it. It is a law of attraction.
Exercise

The benefits of playing sports or simple physical exercise have proven to increase energy, improve sleep, health and emotional well-being.

For people with physical disabilities or those who are less athletic, Hal Elrod advises doing yoga or arm movements, to avoid being inactive.

The more athletic ones can devote as much time as they wish to their favorite activity: jogging, running, weightlifting, gymnastics, swimming, etc.

Of course, it is recommended to consult your doctor if you have a physical condition.
The idea is to **read for pleasure**, to **combine learning with entertainment**. We should not force ourselves to read a book that we are not interested in.

This step consists of reading 10 pages every morning, regularly. Hal Elrod advises to immerse yourself in self-help books rather than fiction.

The best advice: read positive things that will help you project yourself into your affirmations!

It is also possible to reread a book that had a positive impact on you.
Scribing

Putting your ideas on paper helps you sort through and **structure your thinking**.

The goal of this morning exercise is to keep a paper or a digital journal, depending on your preferences.

This step consists of keeping a written record of your positive thoughts and the means used to reach your goals, to capture moments of happiness, awareness, etc.
Diary

Your diary can help you in many ways:
• you can **visualize your positive thoughts**, with illustrations, photos
• you have **guidelines for your affirmations**
• you can look back and see how far you've come
• you can write down even the craziest ideas
• you have a secret garden, completely devoted to your imagination
• your journal helps you to be clearer, to remember your ideas, etc.
Don’t settle.

• **Healing yourself from the "rear-view mirror syndrome":** the perception of others and past failures promotes negative beliefs, this prevents us from projecting ourselves into a future where we might be successful.

• **Defining your "why":** if you get up in the morning without a positive reason, and you carry out a task without a precise goal, nothing makes sense, your mind is then obsessed by the negative elements.

• **Disciplining yourself:** if you don't do anything to make things better, nothing will change, we are always responsible for our actions, and we should constantly discipline ourselves.

• **Adopting a responsible behavior:** it is coward to flee from responsibilities, but also a behavior that devalues you.

• **Knowing how to surround yourself:** Get away from toxic people, befriend people who will give you ambition, and allow you to become better.

• **Thinking about yourself:** it is not a question of being selfish, but of taking care of yourself, personal development is the beginning of everything.

• **Stop procrastinating:** you need to associate a certain degree of urgency, set deadlines, establish a plan of action that you will commit to, nothing will happen if you "let it happen".
1. Set your intentions before bed
Think of something positive before going to bed. You will think about it the next morning when you wake up and it will be a source of motivation for you to get up earlier.

2. Keep your alarm clock across the room
Keep your alarm clock across the room, so it forces you to get out of bed and engage your body in movement. Motion creates energy, so when you get up it helps you wake up.

3. Brush your teeth
Go directly from turning off your alarm clock to brushing your teeth. As you’re brushing your teeth, keep repeating the mantra “In five minutes, I’ll be awake!” over and over in your head.

4. Hydrate yourself
When you are finished brushing your teeth, hydrate yourself with a glass of water. The objective is to rehydrate your body and mind, which were deprived of water during the hours that you slept, as fast as possible. Because, when you are dehydrated, you feel tired.

5. Get dressed (OR) shower
Put on your sportswear and start with physical exercise, the other steps will seem easy afterward...

Of course, everyone is free to adapt the order of the 6 life savers to his or her liking, as well as the duration of each step according to their desires. The important thing is to do them all!
Summary

Please accept the challenge of a 21 day miracle morning!
Thank you

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