

HOW TO WIN THE DAY

IF YOU WIN THE MORNING, YOU WIN THE DAY. HERE'S HOW TO START THE DAY OFF RIGHT.

From the Ask Altucher interview with Hal Elrod



S

Silence

Meditation. Prayer. Breathing. Whatever it is for you, the idea is to quiet your mind, block out the chatter, and start the day with calm thoughts.

A

Affirmations

Encouraging words you tell yourself to achieve your goals, overcome fears, be healthy and happy, and live out your purpose.

V

Visualization

Imagine yourself doing each thing, step by step, that you need to do to accomplish your goals. Then imagine what it will feel like when you succeed.

E

Exercise

It doesn't have to be powerlifting or long distance running. Just do some bodyweight exercises for 5 minutes to get the blood and oxygen flowing to the brain.

R

Reading

Fill your brain with positive thoughts and ideas to improve yourself. Learn the knowledge of people who have accomplished the things you want to do.

S

Scribing

Writing or journaling is a great way to process your thoughts and reflect on your life. It will help you be more self-aware and more articulate.