

BECOMING AN EARLY RISER

Are you more of a night owl or an early riser? In this section, we're going to cover what you need to know in order to successfully wake up early in the future, and make the most of your morning ritual.

Morning vs. Evening

Now, let's see if you are more of an early bird or a night owl. Write down all the activities you enjoy doing in the morning and at night, as well as the emotional benefits you get from each of them.

Evening		Morning	
Activities I enjoy	Emotional benefits	Activities I enjoy	Emotional benefits

Recalibrating your morning

Do you want to wake up feeling excited in the morning?

If so, write down evening activities that aren't contributing to your overall sense of fulfillment. Ask yourself what you would rather do instead? Then, write down the consequences of these activities, such as preventing you from working on your side business, blocking you from pursuing your dreams, make you feel guilty, eroding your self-esteem, and so on. What enjoyable activities could you do in the morning? What emotional benefits, both long-term and short-term, would you gain from them? Great question: What would I need to do in the morning to get as excited or even more excited than I usually am during the evening?

Evening		Morning	
Activities I'm not really benefiting from	Consequences	Activities I could enjoy	Emotional benefits