

# Wake Up Call

## Step-by-step workbook

I'd like to thank you again for purchasing my Morning Ritual Book and congratulate you on committing to the creation of a morning ritual that will benefit you for years to come. I really want you to succeed and I'm as committed as you are to seeing this morning ritual take shape. Like you, I want it to become something you can stick to long-term. Please make sure you use this workbook alongside the book. In the end, your commitment is what will determine how much you get out of this book.

If you'd like to further enhance your personal development journey, you can check out my other books on [goal-setting](#), [habits](#), and [productivity](#). Below is an example of someone who showed strong commitment and took immediate action after reading my book on goal-setting. That's the key to getting results in life. Good job Mark!

*"For those who are curious, the book is geared towards planning to achieve any kind of goal, from simple goals, such as eating healthier, to massive dreams like changing the world. I myself have a lofty goal that I have only just begun to work on, and after reading this book I stopped everything and used the steps to lay out a plan for not only how I am going to accomplish this, but when." – Mark R., US*

**Let's get started now 😊**

## Starting with the Right Mindset

I'm convinced that trusting yourself and fully committing are two of the most important factors when it comes to achieving your goals. Before we get started, please answer the following questions as honestly as possible:

- How high is your commitment to creating and implementing your new morning ritual? Write down what you're ready to do. Get as specific as you can, including the amount of time you want to spend on your ritual each morning, and how you'd like to divide that time between the activities you've chosen for it.
- How much faith do you have that this book will help you successfully create your new morning ritual? How will you strengthen the faith you put in this book?

### 1. Defining your "Why"

Write down your current expectations for this book and why you want to create a daily morning ritual:

My "why":

## 2. Getting Excited About Your Morning Ritual

What would get you excited in the morning? Write down your answers to the following questions:

- If you could only enjoy yourself during the time you have before going to work in the morning, what would it look like? What would you do? How would you ensure you enjoy your time?
  
- If you could only do **one thing** in the morning, what would it be? How would bring you the most enjoyment?
  
- If you could feel just **one emotion** in the morning, which one would make the biggest difference in your life?

Write down your core activity:

### 3. Identifying and Mentally Preparing for Obstacles

Preparation is key and will help tremendously as you create morning ritual.

- What made you give up on your previous attempt(s) to create a morning ritual? List every reason here.
  
- What could you do differently this time to successfully stick to your morning ritual?
  
- What will you do when something unexpected happens in your life? Will you skip your morning ritual? I recommend coming up with a plan B to avoid these situations.  
Plan B Example: If I can't do my morning ritual in the morning, I'll do it in the evening.

Write down your contingency plan:

*\*Tip: For further accountability, write down your contingency plan in the "My 30-Day Pledge" below.*

## 4. Deciding what to include your morning ritual

Select at least one component in each category for your new morning ritual (body, mind, spirit). Be as specific as possible.

Example: As part of my morning ritual I will:

- Easily stretch 15 minutes every day
- Easily spend 5 minutes setting daily
- Easily meditate for 5 minutes each day

**It's your turn now! Write down two activities you'll include in your morning ritual for all three categories (body, mind, and spirit).**

My body related activities (exercising, eating healthier, etc):

- 1.
- 2.

My mind related activities (affirmations, visualizations, goal-setting, empowering questions, etc):

- 1.
- 2.

My spiritual activities (contemplating my mission or vision, meditating, praying, etc.):

- 1.
- 2.

## 5. Deciding how Much Time to Dedicate to Your Morning Ritual

Write down the total amount of time you'll dedicate to your morning ritual each day.

I will dedicate \_\_\_\_\_ to my morning ritual each morning.

## **6. Removing Distractions**

Write down everything you'll do to make it easier to perform your morning ritual (preparing your running gear, setting your books out, etc.)

I will do the following:

- 1.
- 2.
- 3.
- 4.

## **7. Setting Yourself Up for Success**

What will you do the night before to ensure that you wake up feeling as good as possible each morning?

Example: Listening to relaxing music, meditating, creating a simple evening ritual, etc.

I will do the following:

- 1.
- 2.
- 3.

## **8. Committing to Your Morning Ritual**

Make a commitment to stick to your morning ritual every day for the next 30 days. Don't be casual about it. See next step to learn how you can further strengthen your commitment.

## 9. Undertaking the 30-Day Challenge

I'd like you to embark on a 30-Day Challenge with me. Fill in and sign the 30-Day Challenge Pledge that's available at the end of this workbook. Use the calendar at the end to check your progress.

For the next 30 days I commit to performing my daily morning ritual, which consists of the following:

- 1.
- 2.
- 3.
- 4.
- 5.

Tip 1: Before making any changes to your morning ritual, stick to it for 2 to 3 months, or until it becomes a well-established habit.

Tip 2: Think long-term. Start with the mindset of keeping your morning ritual for the rest of your life, with various tweaks to suit your evolving wants and needs.

## 10. Creating Accountability

Write down what you'll do to ensure you stick to your morning ritual for the next 30 days and beyond.

How I'll create accountability:

\*Tip 1: I encourage you to refer to the accountability partner checklist at the end of this workbook.

\*Tip 2: You can also send me an email declaring your commitment at [thibaut.meurisse@gmail.com](mailto:thibaut.meurisse@gmail.com). I'd be happy to serve as your accountability partner.

## **Taking Action**

I have to congratulate you again, this time for getting through the entire workbook. Most people don't make it this far, but you did! You've showed strong commitment. Now it's time for you to take inspired action.

The 30-Day Challenge was designed to help you do just that. Your challenge is very straightforward: **Stick to your daily morning ritual for the next 30 days.** Now, it's time for the action part!

Feel free to print out the full page version of the calendar available at the end of this workbook and put a circle on each day to record your progress. I already circled the first day for you 😊.



## Final Words

I hope you enjoyed this book and that creating new habits will be the beginning of a more meaningful and exciting life.

I wish you all the best, and I'm really looking forward to hearing from you on my website!

If you want keep working on yourself and make improvements in your life (which I hope you do), you can check my goal-setting book [here](#).

## Here is what some of my readers have to say about it:



Johnhenry Ruggieri  
02-20-17

### "This is the best motivational book I have read in years!"

I have read David Allen, Jack Canfield, Brian Tracy along with most of the other "Best Sellers," and I am happy to report Mr. Meurisse matches up superbly well against these giants. You won't be disappointed, I promise!

Was this review helpful to you?   [Report this](#)

0 of 0 people found this review helpful

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Overall ★★★★★

Performance ★★★★★

Story ★★★★★

### ★★★★★ Covers Everything while being a quick and engaging read

By [Joe Barnes](#) on September 20, 2015

Format: Kindle Edition

Goal setting is a much covered subject with almost all personal development experts covering it, and some specializing in it. I was delighted to find that, not only could this book stand alone, it equaled and even surpassed some of the best titles on the subject.

### ★★★★★ Thibaut does it again....priceless! Thank you. Recommended to all. EVERYONE can benefit from this book.

By [Karen Dye](#) on August 30, 2015

Format: Kindle Edition | [Verified Purchase](#)

Thibaut has never failed me with his thoughts of wisdom, recommendations, and self-betterment. It will be a life-long journey to be better, but Thibaut and his goal setting book and workbook make the process accelerated. Thank you. Highly recommended.

Click [here](#) to learn more about the eBook

Thanks a lot,

Thibaut Meurisse

Founder of [Whatispersonadevelopment.org](http://Whatispersonadevelopment.org)



Reclaim your potential, reclaim your life.

Join me on Facebook [here](#).

## ACCOUNTABILITY PARTNER CHECKLIST

To ensure you perform your morning ritual every day, it's best to find an accountability partner. Below is a guideline you can use to help you find one and maintain a supportive relationship with him or her.

Contact your soon-to-be accountability partner and give give them the following information:

### ■ **What your morning ritual consists of**

- What are the components in each category (body, mind and spirit)?

### ■ **What specifically you're committing to.**

- Commit to your morning ritual by telling your partner what you're doing without any room for guesswork or ambiguity. Say "I commit to do my morning ritual every day for the next 30 days, which means I'll do A, B, and C for X number of minutes".

### ■ **Why it matters to you**

- Why is your ritual important to you? What consequences will you face if you don't perform your morning ritual every day?

### ■ **How you'll communicate your progress**

- Will you be using emails, phone calls, texts, in-person meetings, or a combination of all four?
- How often will you communicate your progress?

### ■ **What will happen if you succeed? What will happen if you fail?**

- What will the reward for succeeding be? How do you plan to treat yourself and further encourage your commitment if you succeed?
- What will the punishment for failure be? – Perhaps you'll bet money on your success and give it to your accountability partner if you fail, or maybe there's another consequence that you feel works better.

Additional Tip: You could send an email to your accountability partner every day letting them know you've completed your morning ritual. How's that for commitment?

Key Point: Make sure that you're as specific as possible and that your accountability partner is someone who understands the importance of your new morning ritual and takes it seriously. Obviously, the more disciplined they are, the better. After all, we're only as good as the company we keep.

## **LIST OF EMPOWERING QUESTIONS**

*“Quality questions create a quality life. Successful people ask better questions, and as a result, they get better answers.” – Tony Robbins*

Here is a list of empowering questions you can use every day during your morning ritual. I recommend answering these questions out loud while visualizing what they mean to you. The more you can engage your emotions the better. Try them out and choose the ones resonate most with you.

### **Gratitude**

- What am I grateful for?
- What am I taking for granted that I once dreamed of?
- What am I taking for granted that I could be grateful for?
- Why is my life such a blessing?
- Why brings me joy in my life?
- How is my life better than I think?
- What have I already succeeded at?

### **Feeling Good About Yourself**

- What do you love most about myself?
- What makes me feel proud of myself?
  - What skills do I have that make me proud of myself?
  - What character traits do I have that make me proud of myself?
  - What have I done that I'm proud of?
  - What challenges have I overcome that make me proud of myself?
- Who makes me feel good?
- What's the best part of my personality?
  
- What makes my life amazing?
  
- How do I want to feel today?
- How could I choose to feel today?
- How can I maintain a positive attitude?
  
- What positive emotions could I allow myself to experience at a higher level?

## Getting Excited

- What do I do well?
- What would I like to learn to do well? What can I do to make this happen?
- What gets me truly excited about life?
- What could I do to make my life even more amazing?
- What is my life purpose? If you don't know, ask "What **might** my life purpose be?"
- What motivates me to do my very best?
- What am I truly passionate about?
- Right now, at this very moment, what do I want most? What will I do to get it?

## Exploring Your Potential

- What does success look like to me?
- What's one thing I haven't done but really want to? What am I waiting for?
- What could I be the best in the world at?
- What do I want more of in my life?
- What kind of person will I be in one year, five years, or ten years from now?
- What would I do today if I were to act like my future self? How would I behave? How would I feel? What would my confidence levels be?
- What would my future self like me to do, believe, or experience right now?
- What would my future self say to me today? How would he/she encourage me?
- What could I do today that would make future me proud?
- What self-limiting beliefs have I been clinging to?
  - How would my life improve if I got rid of this belief?
  - How did future me overcome this self-limiting belief?
  - What can I do that I'll enjoy while stepping out of my comfort zone?

## Committing to Your Goals

- What is my number one goal in the next 6 months? What enables me to achieve it?
- What am I committed to in my life?
- Who do I need to become to achieve my goals?

## **Health**

- How can I create a healthy lifestyle?
- How can I take better care of my body?
- Why is having a healthy body important to me?
- Why do I want to respect my body?

## **Relationships**

- How can I strengthen my relationships with my loved ones?
- How can I experience more excitement and joy in my relationship with my partner?
- How can I surprise my partner today?
- What could I do that would make my partner's day better?

## **AFFIRMATIONS**

In this section we're going to discuss how you can use affirmations effectively.

- **State your affirmation in the in the present tense and avoid the word “not”.** Say 'I'm wealthy' rather than 'I'm not poor'.
- **Use your body and vocal tone when speaking.** This will add power to your affirmations.
- **Use visualization.** This will allow you to experience what accomplishing your goals would be like. It will also enable you to generate feelings that are in sync with your affirmations.
- **Use words or sentences that you would use in the real life.** This will make the affirmation feel more real.
- **Imagine talking to your friends.** Choose affirmations that would fit seamlessly into a conversation.

**For example, consider saying the following things to a friend:**

Example 1: Yes, I'm an excellent writer. To be honest, I'm one of the best writers I know. I'm inspiring so many people to make positive changes.

Example 2: I'm the type of person who's always taking action. I get more done in a day than many people do in a week. I've been so productive it amazes me.

Now you might not say these things word-for-word, you might think it sounds as if you're full of yourself. Even so, these can be used as affirmations and could, in fact, be part of a normal conversation.

Now, let me share some phrases you can use to help eradicate some of your limiting beliefs.

**I used to be.... but now I allow myself to....**

Example: I **used to be** shy, but now **I allow myself** to be more and more confident with each passing day. I'm reaching new levels of confidence that I've never experienced before and it makes me feel great about myself.

“I used to be” implies that you aren't a certain way anymore, which is a great way to tell your subconscious that you are no longer what it believes you to be.

“I allow myself” acknowledges that you may have some resistance, but that you give yourself the permission to go past them. You can also use the term “I give myself full permission” or “I have the absolute right”.

## **MORNING RITUAL CHECKLIST**

This list goes over the 10 components of the morning ritual checklist mentioned in the book. Look it over to ensure you went through all of them.

1. **Clarify your “why”.**
  - Why exactly do you want to create a morning ritual? Why is it so important?
2. **Get excited about your morning ritual.** – Identify your most exciting activity
  - What is the most exciting thing that you could do in the morning?
  - If your morning ritual were the only thing you could enjoy during your day, what would it include?
3. **Identify potential obstacles and set yourself for success.**
  - Why did you fail in your previous attempts?
  - What will you do to overcome obstacles?
4. **Decide what to include in your morning ritual.**
  - What activities will you engage in to nurture your body, mind, and spirit?
5. **Decide how much time you have available each morning.**
  - How much time per day can you realistically spend on your morning ritual?
6. **Remove all distractions.**
  - What will you do to make your performing your morning ritual as easy as possible?
7. **Prepare your mind the night before.**
  - What will you do the night before to make it easier for you to complete your morning ritual?
8. **Commit 100%.**
  - Give yourself the gift of a morning ritual and resolve to stick to it
9. **Undertake the 30-Day Challenge**
  - Sign the pledge and commit to performing your morning ritual every day for 30 days.
10. **Create accountability.**
  - Find an accountability partner using the Accountability Partner Checklist.

## **FURTHER OPTIMIZING YOUR MORNING RITUAL**

- 1. Tailor your morning ritual to support you in achieving your goals.**
  - What exactly are you trying to achieve with your morning ritual?
  - What daily activity would have the most impact on your goal?
  
- 2. Adjust your morning ritual over time as your needs change.**
  - Is your current morning ritual supporting your goals in an effective manner?
  - What could you do to create a morning ritual that helps you achieve my goals even more effectively?
  
- 3. Identify your limiting beliefs and tackle them during your morning ritual.**
  - What limiting beliefs are preventing you from having the happiness and success you truly desire?
  - What could you do every morning to work on overcoming these limiting beliefs?



## **GRATITUDE EXERCISE**

Have you noticed that we often start taking things for granted, even things we once longed for, once we get used to them? This is a shame, to say the least. We'd be so much happier if we could learn to fully appreciate what we already have! In this section, I'm going to give you some exercises that will help you express more gratitude. Choose one or two that resonate with you and try them out.

### **Write down what you're grateful for.**

As part of your morning ritual, write down things you're grateful for each morning.

### **Say what you're grateful for out loud.**

Answer some of the following questions out loud:

- What am I grateful for?
- What am I taking for granted that I once dreamed of?
- What am I taking for granted that I could be grateful for?
- Why blessing do I have in my life?
- What in my life brings me joy?
- In what way is my life better than I think?

### **Listen to gratitude affirmations.**

Listen to gratitude affirmations on YouTube or elsewhere and repeat them, be it out loud or within your head. You can also listen to uplifting songs like this [one](#), for instance.

### **Create a gratitude journal.**

- Buy a notebook and write down all the compliments and thank yous you've received throughout your life.
- Go over your past entries each day.
- Add one new thing every day.

### **Send a thank you note, email, or text/Show appreciation.**

Give someone a genuine 'thank you' each morning regarding something specific they've done for you. Alternatively, you can tell your partner, children, friends, or colleagues how much you appreciate them.

## **LIST OF ONLINE RESOURCES**

Some affirmation soundtracks on YouTube:

[Evening gratitude affirmations](#)

[Morning gratitude affirmations](#)

Songs:

[I Am So Blessed](#) by Karen Drucker. Beautiful song to start your day. I recommend checking out some of her other songs, too.

Articles:

Almost any of Steve Pavlina's articles, particularly ["How to Become an Early Riser"](#) .

Programs:

[Morning Ritual Mastery Program](#) – This is a 7-day program that I used to create my morning ritual back in June 2016. I found it highly beneficial. Although I would never recommend something I hadn't gotten amazing results from, please note that this is an affiliate link.

## MY 30-DAY CHALLENGE PLEDGE

I hereby declare that:

1) I will perform my morning ritual every day for the next 30 days from  
\_/\_/17 to \_/\_/17

2) If I skip my morning ritual for any reason, I will do the following:

- If I skip my morning ritual I will:

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Your name: \_\_\_\_\_

Today's date: \_\_\_\_\_

1	0	2	3	4	5	6	7
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						