

WHAT EVERY SUCCESSFUL BUSINESS PERSON NEEDS TO BE DOING NOW



✓ Create a Pattern

What is the first thing you do when you wake up in the morning? What is the last thing you do before you go to bed at night? How we spend the few minutes before bed and first thing in the morning can have a significant impact on your moods, success, and energy levels.

✓ Start Strong

Most of us use the snooze button to get a few more precious minutes of sleep, only to jump out of bed at the last possible moment and rush about, to avoid being late for work. Now rewind to the moment the alarm clock first goes off. Your alarm signifies the beginning of a new day. It is full of possibilities and events; many of which you have control over. Spend the first few minutes of your day visualizing how your day is going to unfold.

✓ Clear the Day

Taking the time before bed to go over the events of the day clears the slate and allows for tomorrow to bring a new beginning. It also calms the mind and makes for more restful sleep. Incorporate visualization in all aspects of your life and live with the intention of success and happiness.



Morning Visualization

What kinds of interactions are you going to have with co-workers, customers, family and friends?



Strategic Planning

How are you going to react to the various situations that you will be presented with?



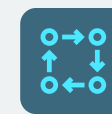
Thoughtful Approach

How will you feel throughout the day?



Energy Protection

Are you going to allow the events of the day to drain your energy or are you going to have control over your reactions to the events going on in the physical world?



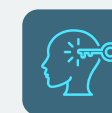
Operational Efficiency

Before bed, spend a few minutes relaxing and clearing any negativity that may have crept in during the day. Re-assess how you handled the situations you visualized in the morning.



Critical Review

Were you successful in how you handled them? Is there anything that you would change about today?



Embrace Self Awareness

Was there something you could have done better? What have you learned about yourself?