

Daily Routine For Complete Success

- **Train your body to jump out of bed in the morning**
 - Do some form of exercise – turns on your metabolism.
 - Breath in with 4 breaths through the nose, then four breaths out through the mouth.
- **Visualize what you are grateful for**
 - Use a bullseye approach - start in the middle with what you are most grateful for then move outward.
 - Really take time to “see” these things.
 - Tell yourself how thankful you are for each one.
- **Focus on what you want as if you have already achieved it**
 - Tell yourself that this day is going to be a success. It is going to be awesome.
 - Remind yourself WHY you are doing what you are doing today. Tell yourself “out load” how important this day is.
 - The people’s lives you will change,
 - The business(es) you will improve and/or
 - Your skills and experience will be used to help someone.
- **Focus on your day**
 - Your appointments – Say out loud how you are going to bless everyone that you come in contact with. Picture each person and “talk” through each of your appointment’s agenda.
 - Your tasks – Say out loud that your hands, feet and brain are anointed to do great and mighty things today. Plan in your head to already be finishing each task.
 - What you desire as the outcome of the day – Say out loud what you want to happen today. Then at the end of the day circle back and see if you accomplished what you set out to accomplish.
- The power of positive words – Say with strong passion...

(this is a great exercise to do while driving to the office, traveling to your first appointment, shaving or exercising)

- I can do anything that I set my mind to
- I am healed to do great things today
- I am strong
- I am smart
- I am successful
- I am blessed
- I am awesome
- I am handsome or beautiful
- I am an overcomer