



MILLIONAIRE MORNING ROUTINE

CRAIG BALLANTYNE

Millionaire Morning Routine: Double Your Productivity & Finish Your Workday by 2PM



CRAIG BALLANTYNE

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Values and vision drive every decision. We all want to make better decisions that are more aligned with who we want to be and the success we want to have.

Everything becomes easier when you give more thought to what matters most in your life - to why you really care enough about building a morning routine and making decisions you've never made to get results you've never had.

Don't confuse activity with accomplishment. They are not the same, and do not deliver equivalent results in the game of life.

Tonight's action step: Decide on your number one priority to work on first thing in the morning so you can get that quick victory. And when you wake up in the morning, go right to work on that for five to fifteen minutes. That's really going to be beneficial for you.

Choosing a Reward How will you reward yourself at the end of this program? What is something that will incentivize you to complete this course? Morning Priority Project What is the number-one priority you need to be working on tomorrow morning? This will be the priority you focus on for 5-15 minutes in the morning and will give you a quick victory—with positive momentum—to start your day.

Accountability means that we are checking in with somebody who's watching our progress and making sure we're acting.

But right now, just choose something, and do five to fifteen minutes of it first thing tomorrow morning.

So, for example, if you're a writer, you need to write first thing every morning. You have your computer set up at the kitchen table, you know exactly what you're going to write, you've done a little preparation work so it's going to go smooth, and you wake up and you go right to it. That's how you win your days every single morning when you're a writer.

If you're already working on your number one priority, great, congratulations, I'm proud of you, do an extra five or ten minutes tomorrow – grow and expand your powerful morning routine by five or ten minutes at a time, and that's how you have even more success in your life.

Here are some things you should never be doing in the morning. You shouldn't be checking the news, email, or social media, and you shouldn't overdo good things like meditation, yoga, gratitude journaling, etc.

At the bottom of the page, write down your top three goals. What are you looking forward to achieving in your personal and professional life? Now look back to your current morning routine and at what you're doing in there that does not serve your goals. Now go back to your potential

morning routine that you know that you want to do, and make sure that the actions in that area align with your big three goals in life.

Make a commitment right now to your accountability buddy and to yourself that you're going to stop your number one bad habit starting tomorrow morning. Whether it's social media or going right to email, you're going to stop that so you can put a good habit.

Action Steps:

- Continue to devote 5-15 minutes (or more) to your #1 priority first thing in the morning.
- Take Time To Reflect and Fully Implement Your New Habits and Routine Reflect On Your Week Is there anything you can cut back on, eliminate, or be more aware of this week? Are there obstacles still keeping you from success?
- Don't say any of this to impress you. Instead, I want you to understand that if you cut back on your workout by half, you'll likely get the same results. This saves you a lot of time that can be spent enjoying life or getting ahead in your career.
- Just one thing. Get up and spend at least 15 minutes preferably an hour working without distractions on your number-one priority in life.

Today's goal is to decide on that biggest priority and then set up the basic habits that support it. The biggest benefit of this is that we're going to help you block off time for deep work in the morning. Deep work in the morning will give you massive life transformational benefits.

So, looking back over that first week, what did we do? We got your accountability partner in place and they're holding you to your bedtime, your wakeup time, and the fact that you are starting your morning routine. We identified a lot of things that you shouldn't do. We really cut back, and we freed up your mind and your focus so that you could spend more time

on your number one priority, and that's what we deal with today.

What really matters in your life? That's where you need to answer that question so that you can do the number one thing in your life that means the most to you, your family, and your freedom. When we do that, that's going to set you on a path to success.

There's something called the FOUR seasons of life they were introduced by a man named Luciano Del Monte they are the season of health, the season of wealth, the season of family, and the season of personal development. We're always in all four seasons, but one season may dominate our life at any moment.

So, ask yourself what season of life you're in health, wealth, family, or personal enrichment. Pick your season of life, and that's going to help you figure out what priority to focus on first thing in the morning.

As we prepare, make sure you're going back to your not-to-do list and eliminating the obstacles and the things that aren't moving you ahead, like email, social media, and news.

Your action step for today is to make sure you've identified your number one priority in life by going through the seasons of life, figuring out where you fit in right now, and identifying the number one action step that's going to move you ahead so that your family benefits, you benefit, and your future benefits as well.

So tonight make sure you prepare in advance for your number one priority, make sure your workstation is set up for it,

Now you're wondering how you plan out your morning. Start by doing a brain dump take a piece of paper and write down all the thoughts running through your head the ideas you have, the action items you want to get out that night or the next morning, all the people you must contact.

But it also allows you to then take that information and organize it. Identify what's important and put that at the top of the list, and at the bottom of the list put stuff that would be nice if you got it done, but it's not

important, or maybe you don't even have to think about it at all and you can eliminate it.

If you're a writer, you might do a brain dump, get all the ideas out of your head, and then organize them. If you must write an article about a certain topic, write down a few bullet points so you have something to start with.

The centering activity isn't a long activity, it won't take an hour of your morning routine it will only take a few minutes, but it's really, powerful. The centering routine is what allows your brain to go from rest mode to work mode.

Action Steps:

- Remove the device vice from the bedroom; use your old-school alarm.
- Check in with your accountability partner. Revisit your bed and wake times, your priority for
- the morning, and any additional habits you need to stop (if necessary).
- Make sure you hold yourself accountable for your cleanse and centering activities, too.
- Prepare mentally and physically for morning priority work, cleanse, and centering activity.
- Complete a cleansing and centering activity lasting no more than 8-10 minutes upon wake up.
- Complete 15 minutes (or more) of focus time on your priority topic tomorrow morning following centering exercise and cleanse.
- Continue to eliminate obstacles and temptations on your not-to-do list.

Reflect On Your Week How would you rate your sleep? Is there anything you can/should be doing to improve this? Have you properly planned and prepared for your kick-start activities and priority actions each morning? How can you improve? Is there anything you can cut back on, eliminate, or be more aware of this week? Are there obstacles still keeping you from success?

What small victories did you experience this week? What large victories did you experience?

Devote the same amount of time and energy to your Evening Routine AND your Morning Routine. They're both critical to your achieving your goals. Stick with these routines for AT LEAST 30 days before changing anything. Stopping before would cheat you of any progress you've made.

A great morning must start the night before, and that's exactly what we're diving into this week...

The advice we're giving you today is to go to bed at the same time every night and get up at the same time every morning.

Having the eye mask and the earplugs are going to help you have a better night's sleep, having a dark, cool room, and all that great sleep hygiene is going to help you dominate your days because you're well-rested.

So, 10 hours before bed, stop drinking caffeine.

So, years ago, we came up with the 10-3-2-1-0 formula. It goes like this – 10 hours before bed, you're going to stop drinking caffeine. Three hours before bed you stop consuming alcohol and eating heavy, spicy meals. Two hours before bed, stop all work-related activities, because that can stress us out, and then an hour before bed, we stop using all electronics.

But if you have a bad day, it's okay. We all have bad days where we sleep a little bit later. Something might happen. Life gets in the way. But don't dwell on that, just learn your lesson, move on, and make sure it doesn't again.

Weekly Self-Reflection Look back for lessons and look ahead in a positive manner. What did I do right? What did I do wrong? Where can I be better next week?