

Have you been thinking about improving your productivity at work? Do you have an important project that you would like to give it your best shot? Are you wondering about how you can achieve your life goals and make that dream come true? Do you have a morning routine?

Having powerful morning habits that are engraved in your system and have become part of who you are is not only exciting but something worth pursuing. All you need is for you to audit yourself and take note of the habits that work for you. What areas of your life could use more stability?

Yes, it is not going to be easy! Some days will be easy, and others will be hard for you to set yourself up right. You may be ill or lose a loved one or you maybe you are just not in 'the mood.' Some of these things may break you and weigh you down. But does it have to be this way? Rather than allowing the ups and downs of life distract you from achieving your God-given purpose, why not take it as an opportunity for you to learn, pivot and give it a new perspective.

Having morning habits that you can stick to is the first step to developing grit and self-respect. In this book, you will learn the benefits of 7 golden morning habits that will help you win the day.

While you have your breakfast, think about the things that you would like to accomplish in the day. With a morning ritual, you have the magic to ease you into the day. You will be happier, more productive and have the confidence you need to address tough challenges that come your way. What will set you up for this? A winning morning ritual is what you need.



Introduction

"Win the morning; win the day."

- Tim Ferriss

Did you know that having a good morning routine sets the tone for the entire day? The truth is, there are more bad days than the good ones. There are days when we dialed into every little detail, and on most days, we simply react to other people's demands, feeling messed up and not in control!

In spite of the fact that having a good morning routine can be magical, the truth is that there is more to it than meets the eye! It is the science that you can incorporate into your life to reap extraordinary levels of productivity. The question however is "is there one right way to have to win the day?" Well, if you can achieve one good thing in the morning, it is as good as you have won the day and there is a high chance that you will enjoy the rest of the day.

Ask any productive person, and they will tell you that they have a morning routine that defines what they achieve during the day