Entrepreneur

The 8 Morning Secrets of Successful People (Infographic)

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By Rose Leadem

Rise and shine. Don't hit that snooze button!

How you wake up can often dictate how the rest of your day will go. That's why it's important to approach every day with a strong and optimistic routine.

How do you think the most successful people in the world start their days? Definitely not by sleeping in or rolling out of bed.

Waking up early with a positive mindset is the first step to a healthy morning routine. If you often feel like there's not enough time in the day, extra early hours will help you get more done. People such as Richard Branson and Olympian Jessica Ennis Hill start their days by eating a healthy breakfast, planning out their days and exercising.

What do Richard Branson, Barack Obama, Jessica Ennis-Hill and Bruce Lee have in common?

The 8 Morning Secrets of Successful People

Apart from being very successful, they're also known as early starters! Want to know the secrets to their success?

Keep reading...

1 Positivity

Early risers are known for their:

positivity, determination, problem solving ability and optimistic mentality.

Their willingness to solve problems is what helps them leap, whilst we are still fast asleep zzzz.

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Rise early and create that 25th hour

2 Breakfast

Breakfast is the most important meal of the day

Without a decent breakfast your body will run with little to no energy.

Not what you want when you're the people you are training for the Olympics!

"The only one that can tell you "you can't win" is you and you don't have to listen."
Jessica Ennis Hill

3 Planning

The morning is the perfect time to review your to-do list.

plan your day ahead

How are you moving towards your goals?

Use this time to visualise todays task. A positive outlook will help you crystalise your goals to their potential.

4 Exercise

Kickstart Your Day!

The morning is the perfect time to get out there and workout.

A morning workout helps boost brain endorphins giving you a positive mood.

Exercising before work helps boost creativity, energy and productivity as well as helping lower stress levels.

Even if you don't wake up on the wrong side of the bed...

Remember you can boost your mood and generate feelings of well-being that alarm clock. a little earlier.

You don't learn to walk by following rules. You learn by doing, and by falling over.
Richard Branson

5 Sleep

Sleep plays a vital role in your general well being.

Whilst asleep your brain and body being itself can be active or day to day life. The amount of your sleep will affect how you are feeling the next day.

As well as affecting how you learn, work, think and react.

Make sure that you get good quality sleep to help protect your mental and physical health.

Unfortunately sleep deficiency increases your risk of chronic health problems.

6 Unclutter

Everything that you own should have it's place.

Is it necessary, functional or just plain beautiful?

It is not a daily increase, but a daily decrease. Hack away at the inessentials.
Bruce Lee

7 Motivation

A good, early start to the day is half the battle

A will give you motivation to stay ahead of your competition

or even widen your lead!

8 Quiet

The earlier you wake up the quieter the world is.

This makes morning the perfect time for tasks that require concentration or focus.

'Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.'
Barack Obama

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good morning