

**15 Minute Morning SUCCESS Routine:** SUCCESS is an acronym for a 7-step method.

**Sit in Stillness-** to become mindful of my breathing, my thoughts, my feelings, or just be in the now

—5 minutes

**Understand** and affirm my strength(s) that I will bring to my work and my life today. (Action - Complete one of these three statements to help clarify a strength, for today)

—1 minute

*I am ...., today.*

*I can ...., today*

*I will ... commit to 30 min of exercise at lunch hour to break up my day and better manage my stress level.*

**Conjure** up a picture in my mind of my future and how things will be, look and feel when I reach my goal

—1 minute

**Create** one affirmation (positive statement) I will verbalize aloud that confirms my unlimited potential and my most important priorities, today. (Action - Complete one of these three affirming statements)

—1 minute

*It is June 15<sup>th</sup>, I am taking daily consistent action in pursuit of work-life balance by focusing 15 min each morning my SUCCESS Routine.*

*I can ... , today*

*I will...., today.*

**Energize** my mind with personal reading and reflection on new ideas that will support my goal

4—5 minutes

**Scribe** in my journal what I am most excited about, proud of having achieved or grateful for on this day

—1 minute

**Stretch** and move to energize my body (increase heart rate and respiratory rate), or practice my power-poses to build confidence. Research shows 2 minutes is most effective in raising risk tolerance and 'power' chemical levels and lowering stress hormone levels.

—1-2\* minutes

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I \_\_\_\_\_(name) commit to this morning SUCCESS routine in pursuit of work-life balance, health and happiness. If it is to be it up to me.

[www.mohagan.com](http://www.mohagan.com) Email: [mo@goodlifefitness.com](mailto:mo@goodlifefitness.com) [defyaging@golden.net](mailto:defyaging@golden.net) Twitter: @mo\_hagan  
Facebook: Maureen Hagan