

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 the statement to help clarify a strength, for today)

—1 minute

I am _____, today.

Construct 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

_____ *I am* _____.
(insert today's date)

*E.g. It is _____, **I am** taking daily consistent action in pursuit of
(insert date)
work-life balance by focusing 15 min each morning my SUCCESS Routine.*

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

"If it is to be it is up to me. I _____ commit to this morning SUCCESS routine in pursuit of

(Fill in your success goal)

Resource: <https://mohagan.com/book-release-think-yourself-successful/>