

Power Move Habits

How to empower yourself into results!



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Most people drag themselves out of bed, after hitting the snooze button, more than once. Now your running 30-45 minutes late as you stumble out of bed, wondering how you're going to catch up that lost time.

From this point, your whole day is spent playing catch up, while only focusing on the bare minimum to get you through the day.

All those ideas and plans about morning exercise, meditation, planning for the day, all out the window.

We have just set up a crumbling foundation for the rest of the day.

Now we are living a life of reactivity, rather than planned, focused attention and actions. We are reacting to our environment instead of thoughtfully, responding to it.

This has a cascading effect of stress, low energy, distraction, tension, and arguments, need I go on?

This is not a one-time occurrence; it appears to be the norm in some people's lives.

Life doesn't have to be this way; life can be the complete opposite when we make **Power Move Habits**, part of our life.

That's why I wrote the **Power Move Habits** E-book to keep us all on track to ensure we are creating the life of our dreams, taking the right action, achieving positive results & outcomes, and the feelings of abundance we want to experience all day long.

Our daily habits are creating the results in our lives. That's why we want to master the **Power Move Habits**.

The **Power Move Habits**, when regularly followed, they will ensure a productive, focused, intentional, results driven day & life. How to empower yourself into results!

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Power Move Habits Overview

- **Wake Up & Get Up** – With at least 1 hour of time for yourself before you need to start your working day. This time will be spent building a solid foundation for the day and the rest of your life.
- **Quality Sleep** – Ensure that you get at least 7-8 hours of good quality sleep. Monitor your body, it knows how much it needs.
- **Mobile Phone (electronics)** – 60 min before you sleep, no electronics, and 60 minutes after you wake up, no electronics.
- **Gratitude** – Be grateful that you have another day on this planet earth. Gratitude brings awareness to what we already have, in which we celebrate, which opens the flood gates to receive much more. If we are not grateful for what we already have now, having more will have no significance and value in our lives. Gratitude is an attracting force.
- **Freshen up** – Brush your teeth, wash your face, and start to focus on your main tasks for the day. Remaining in a semi-subconscious state, looking for any solutions, ideas, your subconscious worked on overnight.
- **Journaling Morning** – Find a quiet place and start to journal about your main goals and tasks for that day. Play soft relaxing music in the background to help with this process. Capture on paper, new ideas, thoughts that come to you in this process. Also continue the gratitude by writing down in your journal 3 things your grateful for in your life. List 3 things that you will do today towards your main goals.
- **Journaling Evening** – 60 min before you go to bed switch off all electronics. Sit down for 10-15 min and journal about your day. What were your wins for the day? What went well & and how could you do it even better tomorrow? Write out your goals and keep them on the top of the mind thinking. Plan for tomorrow, what are your 2-3 high priority tasks you will

commit to & complete? Then just before you go to sleep, visualize your perfect future and future self, exactly how you want to see it play out.

- **Exercise** – Start to vigorously exercise, raising your heart rate and activating your cardio-vascular system. Running, weightlifting, fast walking, power yoga. Listen to inspirational audio books while exercising, if possible, to feed your mind and stimulate positivity, get your creative juices flowing and raise your energy levels.
- **Meditation** – Take 5-10 min and sit quietly in meditation. Slow down your breathing, in your mind's eye, visualize your day going perfectly well. Be grateful. Slowing down your monkey mind and bringing awareness to your day, will redirect your energy in a positive way.
- **Prepare yourself for work** – once your morning routine is complete, freshen up, eat healthy, and head to the office. Remember to eat wholesome foods that will energize your body so it can perform at optimal levels.
- **Eat your frogs** – Brian Tracy talks about doing your main 2 priorities (frogs) in the first 3 hours in the morning, 90 min for each task. These are the 2 most important tasks that are creating your future self and future life. Remember the 80/20 rule, 80% of our results come from 20% of our actions.
- **Rest & Recovery** – Once your workday is complete, switch off, leave your work at work. Now spend time with family, friends, doing the things you really love to do to recharge your body and mind.
- **Visualization** – This is a very powerful practice to see your future success in your mind's eye before it happens in your reality. This practice can be done several times during the day and most importantly 10 minutes before you go to sleep in the evening. What the mind can conceive and believe, the body can achieve. Get use to this practice in the down time of your day. Just a few minutes here and there, visualizing your future self and future success will have a huge impact, a huge upside in your results.

Putting The Power Move Habits into Action

Now we have itemized the **Power Move Habits**, how do we structure it into our day so we can gather momentum and live in a flow state most of the time, creating outstanding results?

Let's jump in & discover how!

If you have never committed to a regular **morning or evening practice**, it is perfectly fine to start small. Then as you get more familiar with the process and enjoy the results, you will want to step up and do more.

It's crucial we start the day strong, focused, and have clarity on what we will do today towards our goals, our future, and our future self.

Morning Power Move Habits

Journaling

Journaling is very important. It will help us to set our compass in the right direction for the day. It clarifies our thinking and identifies those key tasks that need to be accomplished. There is no point in climbing a ladder fast & efficiently with great effort, only to realize it's leaning up against the wrong wall.

Get crystal clear on what you need to do today, that will take you closer to your specific goals and towards the person you want to be in the future. 10-15 minutes for journaling is perfect.

- *I wake up at 5:55 AM, jump straight out of bed to the sound of the alarm, wash my face, brush my teeth and I'm at the dining room table at 6 AM with journal open, writing.*

Exercise

Depending on your current career, lifestyle, and personality you may choose to exercise in the morning or evening.

If you can exercise either time, that's perfect.

I personally, exercise in the morning with a 40 min power yoga routine. This causes me to sweat and activates both my physical body and mind to be on top of my game.

After sleeping for 8 hours, we are starting from zero. We need to quickly energize our body, raise our energy levels, turn all the lights on so we are ready to make magic happen in our life.

If you're not a morning person yet, or your schedule doesn't allow it, doing exer-

cise in the evening will work just as well.

If you were to do 10 pushups or 20 jumping jacks before your morning shower, that would raise your energy levels and wake up your mind. This would be a great jumpstart to your day.

Another way to wake up your body and get it moving is to take a cold shower for 60 seconds while breathing fast in and out through your mouth. This will put you in a peak state, ready for the day's performance. Many high performers and top athletes have this daily practice.

- *After completing my journal writing, it's 6:10 AM, and I am already on my yoga mat doing some gentle stretching and warming up exercises. I start to increase the intensity, hit a peak, and start to cool down after 35 min. 5 min of cooling down. Sometimes I will listen to relaxing music or an audio book during my exercise practice.*

Meditation

Meditation will help quieten your mind from a barrage of incessant thoughts that can sidetrack you from your main tasks for the day. It will also increase your focus and energy to create the wins you are looking for during the day. 5-10 minutes for meditation is a great place to start.

- *Still sitting on my yoga mat cooling down, the time is around 6:50 AM. I remain seated, close my eyes, continue slow, deep, breathing while focusing my mind on the successes I will create during the day.*

Feed Your Mind

Feed your mind with inspirational content that will support you in the achievement of your goals. This could be reading books in your profession or career, personal development on how to be a better version of yourself, or other inspirational and motivational books. Study these books and create the skills and ca-

pabilities you need to reach your goals.

This will keep the creative juices flowing, keep your mind focused on possibilities and solutions. Which will then motivate you to step up and take more action towards your goals. Allow 20 minutes for feeding your mind with quality rich content.

- ***Now it is 7:00 AM, and as I move around my home getting ready for work, having breakfast, listening to an audio book playing in the background. My body feels great, my mind is clear and focused on what needs to happen today.***

First Job of The Day

Now that you have arrived at your office, ready to work, its super important that you act on your early morning journaling session.

The 2-3 tasks that you wrote down to do today are your frogs and they need to be the first ones to be eaten.

Brian Tracy mentions about the 80/20 rule.

80% of our results come from 20% of our actions.

So, if we have a list of 10 tasks to do today, 2 of those tasks will create 80% of our results.

You have already identified those 2 tasks, during your early morning journaling.

Get to work and spend 90 minutes on each task until they are complete. At mid-day, you will be only halfway through your day, and you will have achieved 80% of your results.

That's an awesome feeling that will motivate you to build a strong habit of eating your frogs first thing in the morning.

It will motivate you to be just as productive in the afternoon, piggy backing on your morning momentum and success.

- *It's 8:00 AM and I have just entered my office. On the way to work, 10 min trip, I continue to listen to my audio book. My mind focusing on the first task of the day. I quickly turn everything on in the office, take a few minutes to settle at my desk and eat my first frog. I will take a 15 min break, then settle down to eat my second frog of the day.*
- *I will have a 30 min lunch break and return to my desk by 12:30 PM – 1:00PM. Now I have my head down with a solid flow of work to complete my other important tasks for the day. I will complete my workday at 5pm.*

Rest & Recovery

You have just completed a solid day's work and have successfully achieved your 2 major tasks of the day in the morning towards your future self. Congratulations.

Now it is time to leave work at work, change gears, allow your mind to assimilate its days activities, while you rest and recover.

It's extremely important that we rest and recover after a solid day's work so we can do the same tomorrow. We need to redirect our focus onto other aspects of our life that are equally, if not more important to us.

The way our mind works is that it needs time to process and come up with more ideas and solutions to our day's activities while assimilating everything else.

Go now and support your family. Spend time with your partner and kids. Enjoy them, love them up and be 100% present with them. Serve your family and friends, build loving relationships, enjoy your time with them.

If you don't have a family yet, what do you love to do that you consider as rest and recovery?

More exercise, play a sport, study your passion, read, give mom and dad a call?

Spend the next few hours after work loving yourself up, serving others and enjoying your life to the fullest.

- *I leave the office at 5:00 PM, arrive home spending time with my family, catching up with them and inquiring about their day. I will help around the home depending on what need to be done. Sometimes before diner I will go for a walk or complete a second yoga practice for the day.*

Evening Power Move Habits

Journaling

Once you have cleaned up after dinner, spent time recovering, it's now time to revisit your journal. About an hour before you sleep, turn off all electronic devices, such as laptop, iPad, TV and phone.

Now is the time to slow down, reflect on the day, observe what worked well and what didn't. Dim the lights, turn on some soft relaxing background music.

Become more and more conscious of your thoughts and feelings.

What's going on inside your mind, write it down in your journal.

What Aha moments are you having? What ideas and solutions are showing themselves to you? Capture and document them in your journal?

How was your performance today, were you happy with it?

How did you perform in eating your 2-3 frogs for today?

Let the ideas flow, capture all in your journal and really enjoy the process. It's a process of self-discovery.

Make sure you capture at least 3 of your big wins for the day. This will keep your mind focused on positive things that are working in your life.

Then make a list of your big 2-3 tasks for tomorrow. The tasks that will take you closer to your major goals.

Spend 15-20 minutes enjoying this process of reflecting on your day and setting up your tomorrow for another big win. Continually write your goals down to keep them in the forefront of your mind so your subconscious can go to work for you and show you other & better ways to achieve them.

When you journal at night and it's one of the last things you are thinking about, it will process through your subconscious mind for the next 8 hours of sleep, prepping your mind and body to act tomorrow.

- ***At 9:00 PM, I will put my phone on airplane mode and disconnect from any other electronic devices in the home. Then I will put some soft relaxing music on in the background, sit down at the dining room table and open my journal. This takes me no longer than 10 min.***

Visualization

10 minutes before you go to bed, visualize your future and your future self. See yourself in your mind's eye living the life you are working towards. See the smiles on your face and those around you. Hear the laughter, the sound of the ocean lapping against the shoreline and smell the fresh salt sea air. Feel the warmth of the sun on your face and the breeze crossing your body.

Make it as real as possible in your imagination and elicit all those positive, wonderful feelings in your body now, as if it's already happening.

You are now programming your body and mind in advance to enjoy, look out for and find these circumstances in your life now.

Keep this practice up and it's only a matter of time before you will be enjoying your new reality.

It's only a matter of time before your body catches up with your mind.

Then put yourself to bed and continue with those same thoughts and feeling of your future and future self.

- ***Around 9:20 PM, I will sit or lie down, close my eyes, and in my mind's eye, start to visualize how I want my future to be and how I want to be. I use all my senses in my mind's eye to magnify the positive experience, as if it is happening right here, right now. Then around 9:35 PM, I will do the last rounds of the home before retiring at 10:00 PM***

Power Move Habits Snapshot

- Wake up 5-6 AM
- Quick freshen up
- Journal
- Exercise
- Meditate
- Breakfast
- Arrive at office / Eat your 2 frogs (AM)
- Work – Focused / results driven (PM)
- Leave work / Rest / Recovery
- Time with family / friends / me time
- Start to slow down 60 min before sleep
- Journal
- Visualization (soft relaxing music)
- Sleep / 7-8 hours (Bed by 10:00 PM)

Power Move Habits – How to empower yourself into results

How do you eat an elephant?

That's right, one bite at a time.

This is exactly what you will do with all these **Power Move Habits** that are sprinkled throughout your day.

Introduce one **Power Move Habit** at a time, depending on your current circumstances, and continue to stack one **Power Move Habit** on top of another until you are doing most of them, if not all of them.

By doing this you will double your output on key tasks as well as double your time off because of your efficiency. Your future self will start to move forward in leaps and bounds towards that ideal life you've always wanted to live.

100% control is in your hands to create your best life with these **Power Move Habits**.

I know you've got this, and I'm really looking forward to hearing your success stories, shortly after you have weaved and implemented the **Power Move Habits** into your life.

Let me know your questions, I'm always here.

Power Move Habits – How to empower yourself into results!

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