

Successful people know mornings are the visions for the rest of their day. So '**first thing you do in the morning**' can determine how the rest of your day will go.

## WHY SHOULD YOU **PLAN YOUR MORNINGS?**



Helps to prioritize a day & eventually a life as well



You know exactly what needs to be done in entire day



You get so much more done in so little time



Detailed plan keeps you motivated for the day

## WHAT ARE THE **FIRST THINGS TO DO IN THE MORNING?**



Wake up early & say thank you



Sweat it out



Read a book for 10 minutes



Meditate



Spend time with family



Check your e-mails



Plan your day ahead



Soak in the sun

# First Thing In The Morning

**L Manion**



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