



WHY HAVING YOUR FIRST (5)'S EVERY MORNING SETS YOU UP TO BE MORE SUCCESSFUL

Presented by Stephanie Reck, LMSW, LBT, BCCC
Life coach, counselor, author, & speaker



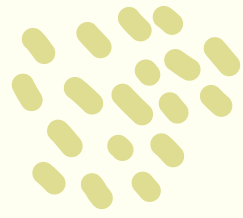
WHAT YOU DO EVERY MORNING DETERMINES WHAT KIND OF DAY YOU WILL HAVE

Do you get up whenever you feel like it, or get up just in time to get dressed and out the door just in time for work?

I used to get up right before I had to go to work. I didn't have time to do anything in the morning, but get dressed for work.

The problem is I felt rushed in the mornings, and the things I wanted to do in the morning like exercise, I just didn't have time to do.

The other problem that I faced was that I did try to do some stuff after work, like exercise, but it didn't last because the last thing that I wanted to do after work was gobble down my dinner and head to the gym.



THE FIRST THING THAT I BEGAN TO DO WAS WRITE DOWN THE BENEFITS OF GETTING UP EARLIER, AND WHAT I WOULD LIKE TO ACCOMPLISH DURING THAT TIME

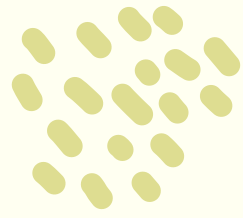
Benefits of getting up earlier

- I would have more time.
- I could do the things that I wanted to do in the morning.
- I wouldn't feel so rushed.

What I wanted to accomplish in the morning

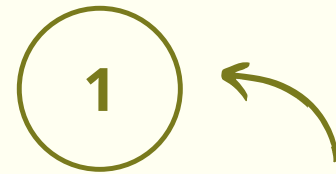
- I could exercise.
- I could read the Bible, and pray.
- I could make goals for the day, and make a schedule.
- I could journal.
- I could make the bed and clean the kitchen from breakfast.





I MADE MY GOAL TO GET UP BY 5AM TO ACCOMPLISH MY FIRST (5)'S IN THE MORNING.

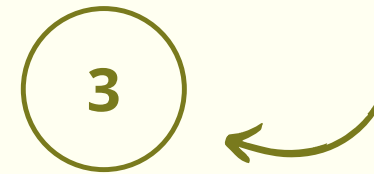
I first wrote down my goals that I wanted to get accomplished in the morning.



I then wrote out how I was to accomplish getting up at 5am.

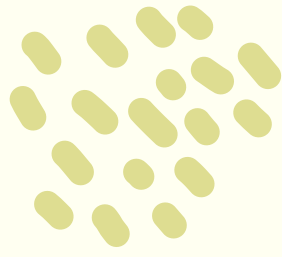


I took the large goal of getting up at 5am and made it more manageable .



My original time of getting up was about 7-7:30am, so I gradually decreased the time to get up by 30 minute increments.





BE PATIENT AS YOU ARE INCORPORATING NEW HABITS. IT TYPICALLY TAKES BETWEEN 21-30 DAYS TO FORM NEW HABITS.

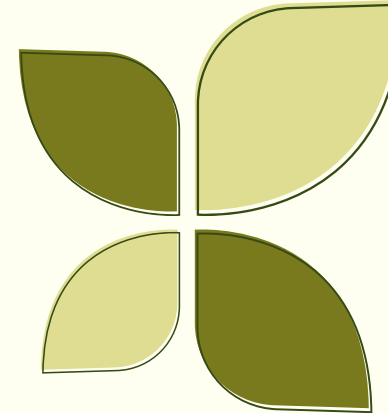


REWARD YOURSELF

Making changes is not easy, make sure to use small rewards to motivate you to keep going to accomplish your goals..

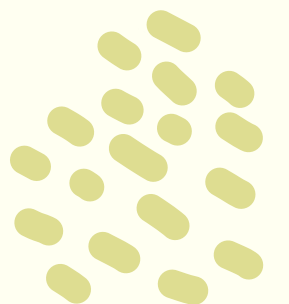
DON'T GIVE UP IF YOU HAVE AN "OFF DAY"

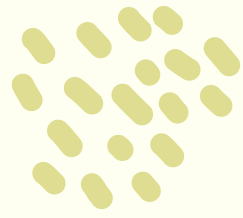
Not everyday will go the way you may have wanted. Brush it off, give yourself grace, and try again the next day.



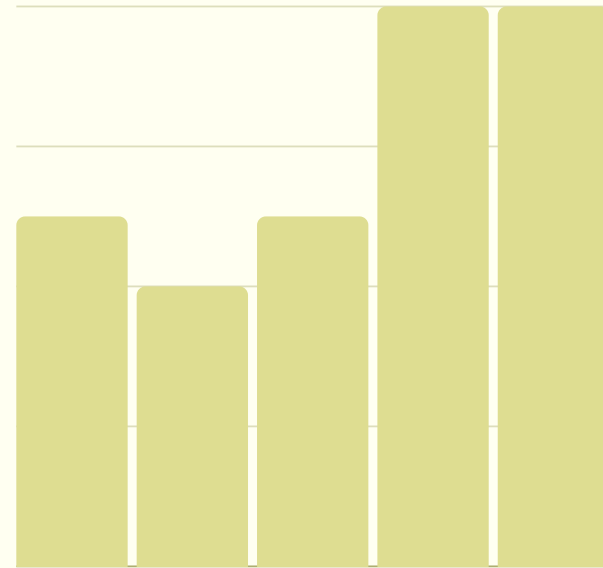
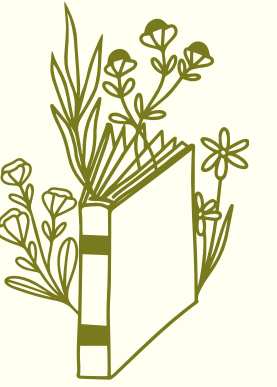
NEW HABITS MAY TAKE LONGER THAN 21-30 DAYS TO FORM

Until your new , desired behaviors become second nature to you, it may take you longer to get here than the typically 21-30 days.



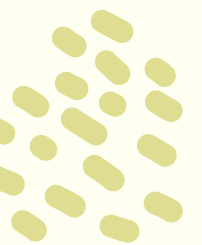


WHAT ARE FIRST (5)'S THAT I DO EVERY MORNING?



Monday-Friday (workweek) for me is the same, and the weekend I allow myself to sleep in an hour, take more time praying, spending time with God, and no exercise on Sundays.

- Have a hot cup of coffee and pray.
- Read the Bible, do gratitude journal, and/or be still in the presence of God.
- Run on M, W, & F. Walk on Tues, Thurs, & Sat.
- Drink my fresh fruit & veggie smoothie, take my vitamins, and eat yogurt with berries and granola, eggs, or toast with peanut butter.
- Make the bed and clean the kitchen from breakfast.





NOTICE WHAT I DID'T HAVE AS MY FIRST (5) IN THE MORNING:

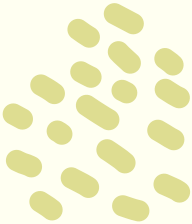


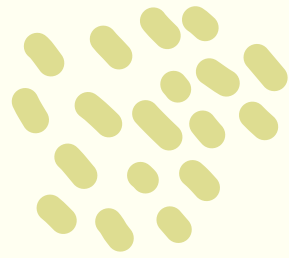
1

I didn't have scrolling on social media, checking my emails, or watching/reading the news.

2

What I have as my first (5)'s will set me up to be more successfully spiritually, physically, and mentally. Ensuring your first (5)'s in the morning means you are getting the things that you want accomplished, as well as weeding out the things that would take away from you accomplishing your first (5)'s in the morning.





NOW IT'S YOUR TURN

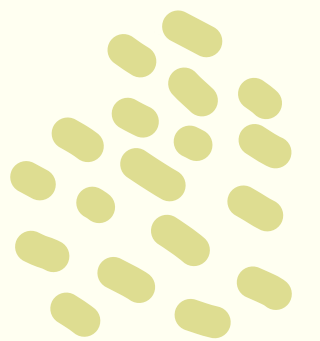
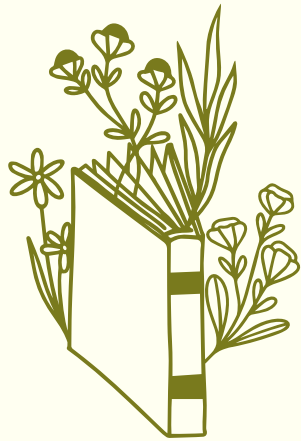


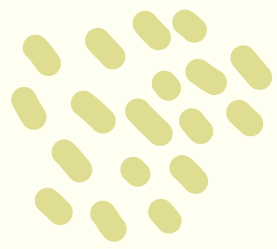
Do you want to get more of the things you want to accomplish in the morning?



-
-
-

What do you want your first (5)'s to be?
How will you accomplish doing your first (5)'s in the morning?
Write it down! Now see yourself being able to accomplish your first (5)'s.





NEED TO TAKE THIS A STEP FURTHER? I AM AVAILABLE FOR LIFE COACHING.

WWW.STEPHANIERECK.COM/BOOK ONLINE

[SUBSCRIBE TO MY YOUTUBE CHANNEL @STEPHANIERECKCOACHING](#)

