

We all have dreams and aspirations english language essay

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Your morning power up session is simply an eBook that will enable you to take a gigantic step forward in your life. Have you ever thought about what it would be like if you could jump out of bed every morning with the energy to take on all challenges that come your way and to perform at your very best? The choices that you make every day play a critical role in enabling you to retain your health and well-being both in the now and the years ahead. Through this eBook I offer you the chance to take your mornings and turn them into a foundation to build a wonderful day, every day. Implementing this morning ritual could be one of the best things you ever do for your life, your success ... your future!

Introduction

" Welcome every morning with a smile. Look on the new day as a gift from your Creator, another golden opportunity to complete what you were unable to finish yesterday. Be a self-starter. Let your first hour set the theme of success and positive action that is certain to echo through your entire day. Today will never happen again. Don't waste it with a false start or no start at all. You were not born to fail". ~ Og Mandino Imagine for a second your life in 10 years' time. Where do you want to be? What do you want to be doing? Who would you like to be? We all have dreams and aspirations, things we want to achieve in our lives. But how determined are you in making your dreams come true. Are you willing to pay the price? In my mind the price isn't that high ... it will cost you an hour every day. If the life you had dreamed of living has not come into being at this point, then it is time to make changes to what you do. In order to achieve what you really want in life, to fulfill your dreams then you are going to have to let go of the way

you've been doing things, you just have to make changes. Isn't it obvious to you? As you've been unable to get those things you want doing what you're doing, you know you have to make changes, improvements, do things differently so you can succeed." If you always do what you've always done, you'll always get what you always got." Unknown

One of the most amazing changes I made in my life with the most rewarding payoffs was when I created for myself an early morning routine. Don't hide your eyes under the sheets to avoid what I'm about to tell you because you need to read this. Many people ask me what is my secret to always being full of energy, and seemingly full of vigor and vitality. They seem even more surprised once they learn that I am 50 years young. Much of this is down to my morning ritual activities. It is my secret to the power others see in me. By doing my morning ritual, I feel literally unstoppable every day. It charges me up, gets me moving in the right direction and with the right mindset creating the momentum for me to create a successful, productive day. In this eBook I will give you detailed instructions to exactly what it is I do enabling you to implement the very same for yourself. I would go as far as to say if you want to get in control of your life, and start producing a better life for yourself the best starting place for you is to implement a morning routine. This will generate a high energy character to the rest of your day. The way you start your morning will set the tone for how your day goes. There's a very clear difference between good mornings and bad ones. Those good mornings are those where you wake up loaded with energy and full of vigor and enthusiasm, and get straight into your day feeling as though you are on fire. You feel absolutely fantastic, on top of everything racing through your job to-

do-list, feeling on top of the world at your most productive right through the day. Come the night time , you feel contented, totally relaxed, and ecstatic with what you'd accomplished. Only if all your days were like that. Alas too many are the complete opposite. Maybe most of your mornings find you having to drag yourself out of bed, downing a mug of coffee, forcing your eyes open wishing you could have another hour in bed. Chances are, your day doesn't really pick up from there: you find yourself, wasting time doing nothing, and what you do you do badly. In the evening, when you look back over your day you feel like you've achieved so little. Day by day you repeat this same scenario." Your Morning Power Up Session" is written to ensure more of your mornings are great ones. I assure you, getting your morning off to a great start lets you have far more great days and very few bad ones. You are going to be introduced to my Morning Power Up Routine, which will enable you to take a gigantic step forward in your life. It will enable you to jump out of bed every morning with the energy to take on whatever life throws at you and to perform at your very best. Creating your perfect morning each morning will probably be one of the most rewarding things you can do, enabling you to live in a peak state making it far easier to live the life that you have always dreamed about. Here's my guarantee. Within a couple of weeks of implementing this power up routine you'll find that you are feeling physically stronger as well as seeing an unbelievable reduction in your stress. The Morning Power Up Routine gives you the blueprint for the practical, everyday actions you can use to supercharge your personal development.

Mornings Are A Nightmare

Most people do not consider dawn to be an attractive experience - unless they are still up ~ Ellen Goodman

How do you normally feel when you wake up in the morning? Do you find it especially hard to get up when you need to? Do you wake feeling lethargic and groggy, wishing you could just go back to sleep? When you actually crawl out of bed, do you get out feeling tired, restless, worn-out, exhausted, stressed, even mad at the world? Do you look at the upcoming day with anxiety and fear? I'm willing to bet you've experienced on many occasions the effects of not having enough time to prepare for work once you've managed to get out of bed. Does this sound familiar? The alarm clock sounds, eventually waking you up, but over and over you hit the snooze button turning it off. Under the control of that early morning brain fog, you slowly think about whether or not you should actually get up. Your internal dialogue sounds something like this: 'It's lovely and warm under this duvet. If I get up, it's going to be freezing cold. That won't be nice at all. I know I really should get up now. I don't have to get up right this minute, do I? I can just stay here for another five minutes or so. I won't be too far behind my necessary schedule if I don't get up right now.' And this scenario goes on and on, until you eventually roll out of bed at the last possible moment. Then you face a mad panic to get out the door. Is this your daily awakening routine? When you get up like this, how much energy does it give you for the rest of the day? None, it does the opposite it leaves you in a bad mood generally feeling totally lacking in energy throughout the day effecting everything you do. Have you ever noticed that when your morning gets off to a bad start, everything just seems to go downhill from there!

Throughout the day your mood is negative, you lose control of your healthy eating intentions and end up eating more food and making wrong choices, much of it high sugar and of course the day feels like a battle, going from one confrontation to another! There are days where you just stay lying in bed in the morning thinking and worrying about the day ahead, other days you are getting up and rushing round like a headless chicken trying to get a week's worth of things done in just a day, trying to make everybody happy. Both of these actions have a tendency to start the day on a bad footing, and never seems to get better. Modern day living has meant that many of you on to many occasions end up burning the candle at both ends. You stay up until the early mornings and end up with too little sleep. So on awakening you are fighting the morning fog in your mind which is screaming out for you to just stay in bed. You fight to get out of bed but now everything is running behind schedule. This is a dangerous way to live. Statistics clearly demonstrate that Did you know that sleep deprivation is linked to many illnesses such as heart attacks, hypertension, diabetes, depression to name just a few of many. Any wonder why there seems to be such an increase in all these health problems. Most of us wake up thinking about how we are going to meet obligations and fulfill promises to other people. We begin our day in response mode and remain that way until it's time to go to bed. This is not the recipe to make a really great day. This Morning Power Up Routine, is your time, it's not for anyone else. This is the time where you come first. That may be a new concept for some of you. Having worked in Ladies only gyms for quite a while, it never ceases to amaze me, how so many women put others ahead

of themselves. First they are mothers, wives, daughters, domestic engineers, employees and friends. They never have time for themselves.

Mornings The Key To Success

The most successful people on the planet know the importance of kick starting their Morning! They realise that every day is another opportunity for a new beginning. So they understand you have to start your day in the best possible way! They will always make best use of their first hour of every day. Using this one hour every morning for dynamic activities increases your energy level and productivity all day long. Making use of just an hour in the morning for a mix of physical, intellectual and spiritual pursuits can be a big stepping stone for those of you striving to make a success out of your life. There is a saying " A good start is the half battle won". Thus, there is no better way to start off your day than to make the most of your morning. Worse still, without starting your morning properly you may never hit your full efficiency, in fact, you could doom the rest of your day to failure. How you start out is so important, for it often dictates your mood until you hit the pillow once again at night. There isn't a better time all day for you to get things done for yourself than in the morning. It is the time of day where you can avoid disruptions, and capitalizing on this first hour of your day will make the difference to how everything progresses all day through. It is in this hour where you are your only priority.

Motivational Morning Rituals

The Morning Power Up Routine is a great building foundation for building a vastly improved physical and emotional health for yourself. I will be

suggesting that you apply this morning routine step by step. Making one change at a time, is the easiest way, and anything is better than not doing it at all. It won't be too long before each of these steps have become an integral part of your life, supporting your wellbeing. Having a morning ritual is a powerful way to speed up your progress in life. By starting your day off in a positive way you will set the foundation for success. Don't underrate the significance of morning rituals. By adhering to a routine every morning will put you into the best possible mindset to serve you through the day. A good start to the day will make a huge difference to your motivation, happiness and life. You have to make it a priority in your life. The idea behind this morning routine is to set the tone for the rest of your day and that this tone should be " high energy, let's get things done!" I've found that it works great for me. We are going to get you to explode out of bed and start your morning in the right positive way, which will result in you finding yourself with loads of energy and enable you to perform all your responsibilities throughout the day at a high productive level.

Charge Up Your Mornings

The moment when you first wake up in the morning is the most wonderful of the twenty-four hours. No matter how weary or dreary you may feel, you possess the certainty that, during the day that lies before you, absolutely anything may happen. And the fact that it practically always doesn't, matters not a jot. The possibility is always there. ~Monica Baldwin Your first steps moving away from your bed is the most important you need to make towards your morning routine. All of the steps of your new morning routine

should become "do or die" actions in your mind, which means they cannot be postponed. Every step I'm going to give you that makes up the morning power up session are things that you really want and must do first thing in the morning, which makes them far more important than sleeping in an extra hour. It may be a cliché but today really is the first day of the rest of your life. Determine today that you are going to change. How different would your day be if you woke in the morning and suddenly found yourself in an inspired and enthused state? How different would your life be, if you couldn't wait to get up every morning and get started? That you were eager and energetic, filled with purpose and totally committed to what you were doing with your life, from the first minute you awoke every morning. And how different would things be if you found yourself so full of energy, raring to go and enthused by your day ahead by 9am in the morning?

Power Up Against Stress

Stress plays a major impact on people's health in this day and age. By starting your morning in the right way, your mind and body will benefit greatly. Your Morning Power Up Routine will give you a great technique to combat stress. For most people, stress created by work and all the things they need to accomplish daily can be a major force against good health. Stress elevates blood pressure, it causes binge eating, it causes indigestion, it can even cause irregular heartbeats and other health issues. By starting your morning right, your body feels better and so does your mind. That increases physical health and decreases stress, which is something all of us could use. Your general health will undoubtedly develop when you look after

your body having created a routine designed to diminish stress and enhance wellbeing. Starting your morning in the right way is a great habit to introduce to your life. When we start our mornings wrong they can be the most stressful of times. As I well remember. I can look back a few years, and remember my own household and it's not so calm start to each day. I was the only man in a family of four. So I was often the onlooker at a warring family, starting their day in totally the wrong way. Firstly, there was my eldest daughter. Now if there was a bad morning riser, she was it. It didn't help that she would stay up into the early morning hours, messaging her friends in msn, texting others, and chatting on the phone to her boyfriend. Oh to be a multi tasking female. So when it was time to get up and get ready for school, neither her mind nor body were willing. So, my wife, would start the initial wake up procedure, with a gentle motherly voice, suggesting it was time to leave the warmth and comfort of her bed. Slowly this would disintegrate into shouting up the stairs at her, and on the real bad days, it would be suggested to me that I get up there and sort out ' my daughter'. Then there was the fact we only had two bathrooms. So it was like the start of the 100 metres Olympic final. If you could get in there first you had done well. But if you thought you could read the paper on the throne, think again, the knocking on the door would commence quickly. Followed by the panicked voices of fear that yet again one or other of the kids would miss school registration. The issue of clothes often would cause much distress. Can't find an item, finding something that was dirty, or realizing that going around and around in the washing machine was exactly the shirt that was needed today. And the joys of hair. Now in my family GHD hair straightener were the only

ones that were good enough to do the job properly. Every morning three females straightening their hair was an event. The rows over who was using them, and what room they were in was truly gruesome. The panic at realizing yet again, they were late for school, or the wife late for work was a daily occurrence. As was grabbing toast on the run. With all this going on tempers were generally frayed, a few screaming matches would have been the norm, and three females stressed, angry and unhappy would leave the house. Is there any wonder I do a morning routine before they're even up. But the point is, that starting the day in this fashion, really didn't get any of them up and raring to go. It was like running against a hurricane wind, exhausted before they'd even got out the door. Their minds were in a negative mood instantly, and would probably stay there for most the day. This is no good for anyone. At times of school exams, you could multiply the stress levels ten fold. When the wife had issues hanging over her at work, the same applied. So waking and switching into a negative stress filled mind set immediately was a common occurrence. For me my Power up routine took me away from all this but more importantly set me up for a great day full of energy and in a really positive state of mind.

But You're Not A Morning Person

I know what you're thinking. Doing anything extra in the morning is out of the question. Stay with me and I'll bet I can get you to change your mind with the below tips and strategies to have more energy, motivation and a sense of achievement first thing in the morning. Some people are morning people and some people are not. I get that. But as your morning can spring

board your life it's important for you to turn yourself into a morning person. I'm not naturally a morning person. Left to my own devices I'd get out of bed five minutes before I need to leave the house but I've come to acquire the habit of getting up early and using the first hour for such a fulfilling purpose. So I'm now one of those people who jump out of bed and into a pair of running shoes at 6 a. m. and get on with my power up session. What an amazing feeling: and you can experience this too. So it doesn't matter that up to this point you've never been a morning person, that you've always been one of those people who sets the alarm for an hour before they actually have to get up, and then hit the snooze button for an hour. All this can now change for you to discover the joy of an early Morning Power Up Routine. So you can turn yourself into a morning person, and it will be worth it. The first hour of every morning offers you a window of opportunity to have some undisturbed time which you can use to totally charge yourself up. Why would anyone want to throw away this by sleeping through for an extra hour. Imagine how fantastic it would be simply making that morning chaos a thing of the past. No more being worn out and lacking in any energy before your day has really started. Everyone with a little commitment and a lot of desire can turn their morning into an energizing, kick starting time of day.

Cut Out The Excuses

It's time to stop finding excuses why you can't wake an hour early, or why once you are awake you don't have any time to do anything but clean your teeth, have a wash, and drink a cup of coffee. For many people, the morning is a depowering time of day, but that is something that has to be changed,

by using the first hour of your morning to do these things I'm about to suggest will prove life changing. I'm not going to say it's easy for me either, and I'm a fitness professional. But I find if I do it first thing in the morning, they're done, out the way, and I'm on with the day with no guilt or stress, to have to get it in later in the day. And I'm so charged up and enthused by what I have done I benefit in so many ways. So are you one of those who is shaking your head, because you just don't have the time to do any of these things. Well, I guarantee, if you want to do this enough, you could find the time, even if it means waking up an hour earlier. And as importantly as anything, if you're not happy with how life's mapping out for you to this point, you know you have to do things differently if you want to get better results, so this is something you simply have to try. I'm well aware that mornings can be hectic and the best intentions can fall to the wayside, so make sure you take time to look at these tips and come up with your own ideas and plan their implementation to make sure your mornings always start out the way you have planned. You might say, " No, i don't want to wake up, i'm to tired, just another 5 minutes, please." So youb turn over, keep your eyes shut and back off to sleep you go. But it isn't just for 5 minutes, you oversleep for another couple of hours. That is why you simply have to get up straight away, no messing around, no thinking about it, just do it. Change is a difficult thing to achieve. To break a long serving ' bad habit' often feels like a painful process, and we tend to resist pain. But in the long run, the pleasure you will achieve from your new life, will make it all worth it. So stop with the excuses before you start. Hey, I'm not a mind reader. I've just been where you are. But I've made the changes, and have

received the results. The fact is, habits can be broken! When you successfully break one that's been limiting you, you will then start seeing dramatic change. You have to now start to make yourself a priority. By making a great start to the day will make a huge difference to you. So eliminate any excuses, give this a go, and get started creating your perfect morning each morning. I call it my Morning Power up Session. Give it a try and see the difference it can make to your day. If you want to improve your life, making yourself far more revitalized and productive then create an empowering morning routine. Once you have it in place just make sure you never stop doing it.

How Not To Start Your Mornings

No human being believes that any other human being has a right to be in bed when he himself is up. ~ Robert Lynd

The worst possible way to start your morning, is to wake up to the sound of your alarm, where after a short time of trying to ignore it, hoping that it will stop of its own volition, you move the necessary muscles to reach across and turn it off, allowing yourself to drift back to sleep, having allowed your inner dialogue to convince you there truly was no need to get out of bed. You wake up later on taking a look at your bedside clock to notice that you are already 10 minutes late for work. Not good! Another way, is at 7: 00 am your alarm screams into action, those annoying radio broadcasters on the breakfast shows talking rubbish into your ear, waking you up, you pull yourself out of your warm, comforting bed, climb into the shower, get dressed, then turn your attention to the kids, before leaving for work at 7: 45am, grabbing a take-away coffee on the way,

arriving at work by 8: 15am, and jumping straight into your work by 8: 30am. Probably taking a quick break at 9: 00 to make yourself your next coffee, already being in need of a caffeine kick. I suppose there are worse ways to wake up. Having an ice cold bucket of water thrown over you in the morning. Setting three alarm clocks positioned out of reach around your bedroom. Using a ladder to place an alarm clock on top of your wardrobe, and then taking the ladder out of your bedroom before retiring to bed. Having your mum call you every morning seems a very common solution many people use. Removing the duvet from my daughters bed, has always proved a workable solution to get her out of bed in double quick time, as does allowing my Collie to enter her bedroom, and jump on her bed and lick her face until again she bolts out of bed. As effective as some of these methods may be, they are not conducive to powering up your morning.

New Beginnings

Learning and implementing the Morning Power Up Routine will put you on track to creating that better life. " If you do what you've always done, you'll get what you've always got". If your life is not where you want it to be, then you can be absolutely certain that nothing will change until you determine to make it change. You have the capacity to change your life any day you want to. It is never too late to make a change in your life, to transform yourself. Building the best routine for yourself in the morning is absolutely key. If you do the things we are going to suggest in the Morning Power Up Routine first thing in the morning before distractions and interruptions can occur, you're bound to always get them done. It starts the day off right and really sets the

stage for what the rest of the day will be like. Through your Morning Power Up Routine you can achieve amazing results. You will be engaged in a process that transforms you forever and floods your mind with positive, life-affirming messages, helping you start your day in a peak state. Creating your perfect morning, each morning, will probably be one of the most rewarding things to achieve in your life. Each day is like a clean slate and holds so much promise. Perfecting your morning will mean an improved outlook and enhanced energy for the day. This single act of becoming an early riser and doing a power up session will revolutionise your life. Anthony Robbins calls it your 'Hour of Power', and Richard Carlson your 'Golden Hour'. They like many other successful people realise how important starting your morning off right is key to your life and success. The thing to realise is that you can start every morning perfectly. You can wake up and do this routine and have nothing there to stop you. Having the perfect day can be a little tougher since there are so many things that are outside of your control. However, there is nothing there to stop you from at least having a perfect morning.

The Steps To A Morning Routine

Establish a Regular Wake Up Time - Decide upon a set time to awaken every morning that works for you and adhere to this from now on as your wake up time. You need to program yourself to wake up at this time every morning. You can always lie in on a Sunday as your reward.

Charge Out Of Bed. - No more lying in bed in the morning, fighting off your alarm, grabbing those extra few minutes in dream land, and then rushing around like a headless chicken, trying to get everything done before you fly out the door. Put a

smile on your face - an immediate stress reliever and mood changer, so the first thing you do when you get out of bed is smile, a big cheesy smile. Drink Water - Your body having gone without fluids throughout the night will be in need of hydration from the minute you wake up. So it is crucial to hydrate your body first thing in the morning after a long night's sleep. Drink a large glass of water on waking. Having slept for up to around 8 hours you will be dehydrated and your body to function properly needs water. So give it some. Get Dressed Straight Away - Before retiring to bed, organise your clothes for the morning, and leave them close to your bed. As you wake up, automatically get out of bed and immediately put the clothes on. No thought. Just do it! Stretch your body - Having slept for some time your body has gone through a period of inactivity, so before you throw your body back into the daily grind it makes sense to stretch your muscles from top to bottom, getting any knots and tension out. Stretching exercises help me switch my mind into my body and away from any thoughts of the day or negative nattering. Breathe Deeply - Breathing correctly will flush out the bad energies and inhale fresh and positive energy. Every cell and organ will benefit from you breathing in fresh oxygen and removing all that nasty stuff. Concentrate on your breathing. You have to breathe to live. When was the last time you noticed, how you breathe? Breathe in deep through your nose, exhale it completely out through your mouth, Bring it in and out from your diaphragm. Get Into Centre - Tune in your mind and body. It's like pressing the starter motor of a car. Within five minutes of waking, you will have gone from the early morning brain fog, to an alert, powerful fully functioning brain, with a strong and powerful body. You're going to feel like you can walk

through a wall, internally in an excited voice you're going to say ' come on, bring the day on, bring it on!' Tuning into mental and physical clarity harnesses your body and mind and productivity is elevated. Move Your Body - Doing exercise early on in your morning will energise you, making you feel powerful and strong to deal with everything that comes your way the rest of the day. Get out and do a power walk so as to get your heart and lungs pumping. Move your body. Purposely, with power. Gratitude - By bringing your mind to concentrate on those things that you are grateful for in your life, focusing therefore on positive thoughts will help to calm your mind and provide energy for the rest of the day. Cut out the negativity, we can all find troubles in our lives, things not going as they should. Purposefully feel grateful for everything that you have in your life, give thanks for the those you love and the good things you have in your life. Starting your day with an " attitude of gratitude" is very powerful. Be grateful for all of the opportunities presenting themselves in your life. Everyday wake up and appreciate them. Affirmations - use positive affirmations. Tell yourself positive things, such as " I am a winner', ' I am a great person' whatever words that will highly charge you, motivate you, that will get you into a confident and positive state. Simply select one or two positive affirmations, that impact your thoughts, and repeat these to yourself for a few minutes to charge your mind. Visualisation - Get a mental picture of yourself as you want to be. Get a mental picture of you achieving your goals watching a video in your own head of your new wonderful successful life or having the perfect day. Meditate - Here is something that I recommend very highly and can claim that I found life changing. You need to create time for morning

meditation as this will be a wonderful new habit for transforming your mornings. I assure you that taking 5 to 10 minutes for quiet reflection will make a huge difference to how you face up to the challenges of the day. You will be far more ready to take on anything that comes your way.

Top Up Your Tank - Eat a nourishing breakfast. It will boost your energy, improve your health, increase your attention span and mental function, leaving you feeling better and help you lose weight. Your body is in need of fuel after going without food or drink for many hours of. You have fasted for many hours while sleeping and you will now be in need of a new supply of energy.

Get Yourself Into Focus - There are so many things competing for, and demanding your focus in life. If you don't make a conscious effort to control your focus and decide in advance which things you are going to focus on (i. e. where you're going to put your emotions, time, and energy), you'll simply live in reaction to the demands of the moment. Wake up with the knowledge that this day will be " the day" that your most important goal will be progressed. Doing this you wake up hopefully, joyful and excited. Every day you will take another step forward towards your goal.

Start Your Journal - Spend 5 minutes and write down everything that is on your mind, just write whatever comes into your head, wherever it be things you want to get done today, thoughts about your key goals or a brilliant spark of genius that poips into your head. Write out a quick snapshot of how I'd like the day to go with priorities. This is key for me. I look through my journal and see what projects I have on my plate, what I accomplished and didn't accomplish the day before, what I need to do today to accomplish my goals... and what things are highest on my list of priorities. Take a few minutes every morning to

clear your mind of any clutter by writing everything down you want to remember, or think about, and sort out your feelings so they're not holding you back during the day. Now let's take a look at each of these steps.