
MORNING MAKEOVER

Your Better-than-a-Latte Morning Makeover
to power your most productive days



www.chiekowatanabe.com



My Morning Story	3
From Under the Duvet	3
The Ten Morning Habits	4
Design your Perfect Morning	4
The Shopping List.....	5
The Stumbling Blocks.....	6
Going the Extra Mile	7

My Morning Story

There is no snooze button on a cat
who wants breakfast.

From Under the Duvet

I love sleep. And, I'm really good at it. I was lucky enough to inherit the good sleeper gene from my dad. I also love mornings! (Now.)

The truth is, I've had countless mornings where I woke-up exhausted. Not from lack of sleep, mind you. Like I said, I have serious sleeping skills. The exhaustion was from feelings of overwhelm, stress and not wanting to face the day ahead of me. This was not a lovely way to start the day. Inevitably, I'd hit snooze until the very last second before I jumped out of bed and ran around the house like my hair was on fire to get to work on time. At this point, I had so much stress in my life, I bought some tapes titled *Stress Management for Professionals* by renowned stress therapist, Roger Mellott. "We need to start our days more slowly," he wisely advised. These words became the catalyst to my own Morning Makeover.

I test drove advice I gleaned from other tapes, books, seminars, coaches and so on, eventually honing in on what works best for me. Though my mornings take more time, I find I get far more done and the day is much smoother. I have since helped many of my clients design their own Morning Makeovers to increase productivity without increasing stress.

In this Better-than-a-Latte Morning Makeover checklist, I've included key ingredients for you to create your own perfect Morning Makeover to power your most productive days.



This is my 3x5 card I made for myself to remind me of my Morning Makeover. I keep it near the coffee so I can't miss it.

The Ten Morning Habits

Design your Perfect Morning

The Early Bird Gets the Worm.

Unless you already get up at 5:00AM, your Morning Makeover begins with getting up earlier. That's the bad news. The good news is, you'll have new found time in your day to focus and ground your day in physical and psychological wellness.

Listed below are the top ten morning habits I have found to power the most productive days. You can start with the full list, however, you don't need to do all ten to reap the benefits. Start with Morning Habit #1 (wake-up early), and choose a few more to add on.

The Ten Morning Habits *to Start Your Best Day*

1. Wake-up early
2. Hydrate
3. Move
4. Meditate
5. Nourish
6. Read
7. Give thanks
8. Affirm & Visualize
9. Plan your day
10. Start with your #1 priority task

The Shopping List

*We shape our tools and then
our tools shape us.*

~Marshall McLuhan

Having the right tools can make all the difference in creating efficiency and ease. Here are a few tools that can significantly improve your Morning Makeover.

Morning Makeover Tools

1. Dawn-simulating Alarm Clock
2. Water Bottle
3. Quality Coffee or Tea
4. 3 x 5 Card of your Morning Routine
5. Healthy Breakfast Options
6. Journal & Pen
7. Meditation Cushion
8. Inspirational Books
9. Paper Planner
10. Clothes to move in

While it may feel insignificant, I encourage you to invest in items you really love and enjoy. Rather than using the cheap promotional pen you got from your dentist, invest well in your tools and find a pen you really love. It will significantly increase your experience!

The Stumbling Blocks

*The easier it is to do,
the harder it is to change.*

~Eng's Principle

Changing habits is no easy task. When faced with breaking bad habits or establishing new ones, it's only human nature to try and negotiate with oneself, e.g. I'll sleep 15 more minutes and work out later. Sound familiar? Don't worry, you're not alone.

If your in it for lasting change, head these Don'ts and Dos. Just say no to overthinking.

The Don'ts and Dos

- | | |
|--|---|
| 1. Don't negotiate with yourself after making a commitment | 1. Do move swiftly into action without hesitation |
| 2. Don't berate yourself when you fail | 2. Do be curious how you can improve |
| 3. Don't start your day reading email | 3. Do prioritize your health and well-being |

Going the Extra Mile

*You can't read about push ups.
You gotta do 'em.*

~Gary Vaynerchuk

Productive mornings start with a solid night's sleep. An evening practice can help your body prepare for rest and rejuvenation. To get the best shut-eye, start with the rituals below.

Nighttime Rituals

1. Set a consistent bedtime
2. Shut down work and screens two hours before bedtime
3. Limit alcohol to one serving
4. Wind down at the end of the day with relaxing activities such as reading or taking a bath
5. Be consistent with bedtime preparations such as brushing your teeth and washing your face.
6. Express gratitude through journaling or prayer
7. Sleep 7-9 hours a night