

YOUR EARLY MORNING SUCCESS ROUTINE

Skyrocket Your Focus, Productivity & Happiness All Day



Elles Lohuis PhD

Your Early Morning Success Routine

Skyrocket Your Focus, Productivity & Happiness All Day!

By

[Elles Lohuis Ph.D.](#)

The Contemplation Café Series

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Introduction

Thank you for downloading your guide to Your Early Morning Success routine. I'm really excited that you have decided to seize the first morning hours to set yourself up for your best in business and in life. Yes, 98% of the most successful people in business, sports, the arts, you name it – contribute a large part of their ongoing success to their early rising routine. The benefits of taking that extra time in the morning to consciously connect to ourselves and start our day early are huge.

And you know what's really funny? We all know the benefits of early rising and having a solid morning routine are huge, still most of us don't get to it. Yes, we all want to feel great, living on track, getting more done. We are truly aware of it – we even envy those early birds who do, admit it! - but we're not putting our awareness into action.

I was like that for years. I really wanted to experience the benefits of using the early morning hours. So I tested and tried, got great tips and went all out on my discipline. And mind you, I did have some good spells but it didn't stick. Somehow I always slumped back into the snooze. Until I actually got so fed up with my own humming and hawing that I got serious about it. I sat down, put my mind to it, dived into my own coaching techniques and designed my new lifestyle through 3 steps: Reason, Rhythm & Routine. And I've been an early riser ever since.

And so can you! With this 3 step guide I inspire & support you to successfully seize your best morning ever. Set your mind to it, show up & do the work - I'll have your back, supporting you all the way with **a free 20 minutes kick-start** towards your early morning success routine. Yes, I'm inviting you to **connect with me** for a meaningful and most effective conversation on **Your Early Morning Success Routine**. So what are you waiting for? Go and seize your morning & win the day 😊



Elles

“Life is too short,” she panicked,

“I want more.”

He nodded slowly,

“Wake up earlier.”

Dr. SunWolf

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The benefits of rising early and your early morning routine

You probably know this already because you're here, but to get you extra motivated – the incredible benefits of rising early and a routine:

You gain more time! Yes, more time to do the things that matter to you and to your family - using the early morning as a foundation for rest of your day. The early hours of the day are the most productive.

Set yourself up for your best day physically – prepare a real breakfast, pack your homemade lunch and get your daily exercise done – stretch into your yoga practice, take that walk, go for that run, lift those weights – your body will carry you with gratitude all day.

Set yourself up for your best day mentally – get to your heart's core by meditation, journaling, prayer, reading, all you need to do to get quiet & to set your soul intentions and work goals for the day - you will reach your peak performance in alignment. Setting your internal compass improves your focus, productivity & fulfillment.

You gain better health and more energy! Various studies have shown the physical benefits of waking up an hour or two earlier in the morning. Sleeping early and waking up early helps the body attune with the earth's daily rhythm, promoting more restorative sleep and giving you more energy in the daytime.

You gain a better mood! Early risers have shown to be more optimistic and can anticipate and solve problems more efficiently than the norm (whatever that is anyway 😊). Night owls have been linked with creativity and intelligence, but also with depression and pessimism. Early risers on the other hand exhibit optimism, satisfaction, conscientiousness and agreeability. How's that for you!

How you benefit most from your early morning – getting your routine down

So now we've established it again – the early bird catches the worm. You were already aware of it and you are going to be that early bird. You are going to reap those benefits from your early morning. How? By taking action! You are going to bridge that gap you're your awareness to action. Yes, you've been hanging into awareness long enough – admit it – for how long have you wished to be that early riser?! It's time for action!

In my experience it all comes down to two things – mindset and lifestyle structure. And to become an early riser, I translate this into getting down your *Reason & Rhythm*

Reason – Your big WHY you are actually going to rise early & shine – is going to make you actually get up.

Rhythm - Your personal morning routine – is going to set you up for your most productive, your most meaningful day.

Reason & Rhythm are the keystones to your early morning success. Get R&R down and you're not only off to a great start, but R&R will also sustain you through those difficult times. You know, the times when things are not so great and you are bound to hit the snooze button. R&R are your foundation and your safety net.

To get R&R down, to build your lasting early morning success, I suggest you go about it in a 'technical design' way – make the blueprint for your early morning routine. Yes, structure your new lifestyle and put it on paper. Now before you get all defensive ('that's not me, I'm a free-flowing kind of woman') and tell yourself *'I'll simply get up early and do it'* - think back of the last time you tried that. Did that work for you? Right. Maybe in the beginning, but hey, if it really worked you wouldn't be reading this booklet right now, would you.

So let's do this – let's build your early morning success routine by taking the first steps and putting down your Reason & Rhythm.

Step 1. Reason – your big WHY

Identifying your big WHY - your reason to actually rise early & shine - is exactly why you are going to get up early – it's your big drive. Let's face it, if you're not crystal clear on WHY you want something, then why bother?! Why put in the effort?! Only if you are motivated from within – if you know your WHY - you will actually get up, out of your comfy bed and head into the dawn. Only if you are motivated from within will you actually make it through those cold and dark winter mornings (if you're living in a climate like me at the moment).

Now I can tell you WHY to rise early and how it will benefit your life, but your WHY is most personal. So take a few moments, sit down and write out your big WHY. Go ahead and ask yourself, “*What will I get if I wake up early? What will the benefits be?*” More than one answer will come up. Write these down. Make the list as long as possible. See all those great benefits and then bring them down to your one big WHY – the real reason you want it - the real answer that’s making you leave your bed at dawn.

Reminders of your big WHY might be needed for a few weeks, so don’t be shy. Keep your WHY as a post-it on your bedroom wall, pin it to your desktop, stick it on your bathroom mirror, set it as your wallpaper on your mobile, make sure you remind yourself of it, every day again.

Step 2. Rhythm - Your personal morning success routine

Now that you’ve established your big WHY it’s time to structure your Rhythm. Yes, I know, a rhythm usually comes naturally, but since you’re probably not a natural early riser, this rhythm does not come naturally either. I personally experienced that setting up your morning structure is setting you up for your most productive, your most meaningful day. A well-thought out, set structure facilitates all you want to accomplish. Your structure is your guide through those early hours, making sure you get to all the benefits you had planned without having to think about it at that very moment.

Your structure is also your support buddy in times of a dip in motivation. In these times of less enthusiasm, you’re prone to postpone, you’re bound to get sidetracked. Yes, this will happen. Even after more than 2 decades, it still happens to me – remember we’re human after all. And it is in these times that your structure will guide you through your early morning, warding off those distractions with set focus and ease. Eventually your pre-set structure will become a habitual pattern, and then you’ll experience your ability to let go and lean in - that’s when it all becomes one big joy.

So Rhythm – you are going to plan your early morning on paper. Where to begin? First look at your big WHY - focus on your top priority. What do you have to do to achieve your big WHY? Want to write your personal blog? Get that novel finished? – plan writing time in your routine. Master that musical instrument? – plan practicing time in your routine. Get finally fit? – plan your exercise time. Have an hour just for yourself to catch your breath? – plan your breathing time. A time to start a meditation practice or go deeper with your established practice? – plan meditation time. Whatever it is, it’s your personal Reason so it’s your personal Rhythm.

Now that you have your top priority and its connecting activities, you design your morning routine. To give you ideas on what you can also include to set yourself up for your best early morning – and I’m talking BEFORE you start your workday - let’s look at some well-known practices to successfully energize & nourish your body and soul.

Awaken Your Soul

The first hour of the day is the perfect time to energize & nourish your soul. It’s the most quiet time - externally & internally (unless you’re just waking up out of complete nightmare which I deem highly unlikely). And it is in this quiet time that we connect to our very heart-core most easily and get our inner compass aligned. It’s only in silence that all the outside noise – the expectations, expert-opinions, should and have-to’s of others – is reduced to zero and we can truly hear ourselves and know exactly what we need to do to get the action going.

It’s nothing new; all spiritual and philosophical traditions agree – connection to ourselves is vital and silence is golden. A constant process of repeating to get quiet, get still and listen – that is the key to clear awareness and effective action taking in each and every one of us. And preferably at the start of our day – before you connect with anything in the outside world and in the digital word – you connect with yourself – first thing. Incorporate a contemplative practice in morning routine and you will increase your creativity, focus, efficiency and thereby your happiness and health (even without strenuous exercise). There are many forms of contemplative practices into stillness with mediation and prayer as the most known.

Meditation

For more than two decades now meditation and mindfulness have been mainstream and I can’t emphasize enough the huge paybacks of meditation. It’s all over the internet so I’m not going into it, but I urge you, if you haven’t tried meditation yet, do. Start with some guided meditations, you can download my guided power meditations to thrive your business and your for free on [my website](#) – so try it. And if you are serious about it, find a meditation course or teacher near you and let yourself experience mediation guided by a professional. Yes, you deserve it.

Prayer

Whatever our spiritual tradition might be, prayer is essential to many of us. Prayer opens our hearts, connecting us to the Divine for guidance at that very moment. Upon awakening we are in a special state - our guards are down, our hearts most open, our minds super alert; we are like an empty vessel, a clean slate – able to put all our attention towards that what we value so much in our lives. What better state than this total openness and vulnerability to connect and exchange with the Divine that needs to be? If you already have a prayer practice, try praying upon awakening and experience the special stirring of your soul in the morning.

Contemplation

If you are just as fond of words and quotes as I am and also relish your inner-stillness, you might consider including contemplation in your morning practice. The core of contemplation is simply holding a word or phrase patiently in the stillness of your awareness for some time, and allowing it to disclose deeper meanings and understandings within you. Personally I've included contemplation in my daily life for many years now and find it a most calming and refreshing practice. It helps me to focus my mind, position myself in the middle of things and it opens me up to new perspectives. For guidance on contemplation, please have a look at my [Little Guide to Contemplation in Daily Life](#) where I offer guidance, inspiration and support to start your practice of contemplation (email me if you are interested in a free copy).

Journaling

The daily practice of journaling, writing actively yourself in the early morning has also scientifically shown to be a beneficial creative process. Journaling improves your self-awareness and done rightly it can be very cleansing and healing. I myself have included journaling in my morning practice for some years now. It helps me to clear those little dust particles left from the night, and helps me to voice the direction of my inner-compass. There are many good resources available on how to journal. I especially would like to draw your attention to the so-called [Morning Pages](#) by Julia Cameron. It's a free flowing journaling technique of three pages of longhand, stream of consciousness writing, done first thing in the morning. Whenever I feel a creative block like stuck in my writing, I substitute my regular journaling for the Morning Pages and presto, in a few days my creativity is flowing again. Try and see for yourself!

Gratitude

The practice of Gratitude is a well-known morning practice in many spiritual traditions. Practicing gratitude helps us to find more meaning and joy in our lives and opens our hearts to experiencing deeper levels of fulfillment and wellbeing. Gratitude can be practiced in many forms – journaling, chanting, praying. Years ago I came across [Oprah's Gratitude Practice](#) watching her show ☺ and have been practicing the way she does ever since. However, form does not matter – consistency does - consistently take a few moments to focus your mind on your blessings. Soon you will experience that what you put your attention on expands in your life. Offer gratitude for all the goodness in your life early in the morning, and you'll be inviting the Divine to give abundantly. It only takes a few moments but the effects are so powerful... I say Go For It!

Reading

With our hearts open and our minds alert, reading in the early morning has a powerful effect. Being in an open state, it makes the text speak directly to your heart while at the same time focusing your mind. I always take 15 minutes in the morning to read inspirational texts – haiku's and poetry being my favorite. I've developed my own practice of meditative reading that can be used for all kinds of texts, from philosophical tracts to money-mindset literature - check out my article on [Meditative Reading](#) . The practice of reading in the morning gives you new perspectives and a laser focus on the issues that matter to you – should be reason enough to finally put a dent in that stack on your reading table ☺

Setting Intentions / Setting Goals

Ever since the Law of Attraction became 'mainstream', the practice of setting intentions has become very popular. Psychologically setting the scene for the day is not new - goal setting has been around long time and the benefits are known to be numerous. I've included intention setting in my morning practice and noticed that my directed focus in the morning brought me a more proactive approach. With intentions I'm clear about where I'm going and my daily actions are geared towards that. Non-aligned actions and distractions are more easily set aside. For guidance on setting intentions, please have a look at [The Little Guide to Setting Intentions in Daily Life](#) where I offer guidance, inspiration and support to start your practice of setting intentions.

There are so many contemplative practices to choose from. Try and see for yourself what suits you best. And you don't need to make it your life's work, you know. Fifteen minutes a day that's all it takes. Fifteen minutes a day to get still, to meet yourself and to set your inner-compass to your most meaningful and successful day.

Awaken Your Body

'Mens sana in corpore sano' - a healthy mind in a healthy body! - taking good care of our bodies and moving our bodies on a daily basis is vital, we all agree on that. However, incorporating the necessary exercise in our busy lives, our fleeting days can be a real challenge. Rising early certainly is a solution! Take the time to prepare 'real' food to get you through the day. And yes, exercise in the early morning has wonderful benefits, and you do have time for that rising early. But before we get into moving the body, let's look at the practices you can do to prepare your body for the brand new day.

Cleanse

Hitting the shower first thing out of bed is a great option to awaken your body. At the right temperature, a shower can gently soothe us into the dawn. Ever thought about starting with a cold shower? Or at least finishing your shower cold? It sure is a kick-start to get our blood flowing! Cold showers increase your circulation, ease stress, have a relieving effect on depression and increase your alertness. Did you know Katherine Hepburn was a fan of cold shower? Just saying...

Besides a shower, there are powerful ayurvedic practices to deep cleanse your body like oil pulling, tongue scraping and cleaning the nasal cavities with a neti pot. If you are prone to allergies and hay fever like me, using a neti pot in the morning to flush your nasal cavities is sure to diminish the symptoms of a red and runny nose and that pounding pressure in your forehead. Scraping your tongue with a tongue scraper from back to front - easily done after brushing your teeth - removes the thick and colored coating on the tongue. This coating is full of toxins and doesn't get removed by

just brushing your teeth. Oil pulling - swishing a tablespoon of unrefined, cold-pressed oil in your mouth for up to 20 minutes - is equally effective for drawing out toxins from the mouth. I started this practice to battle my frequent sinus infections - with great result, I hardly have a cold since. When do I do this? Well, I'm usually swishing my coconut oil during my journaling.

Hydrate

Depending on your bedroom temperature and the thickness of your blankets, you lose as much as 1.5 lbs. of water each night. Imagine how grateful your body will be when you replenish this upon awakening. During the night our body works hard to repair and clean itself. A glass of water on an empty stomach helps the body to release all this waste. It took some getting used to, but I find a big glass of luke-warm water on an empty stomach a great freshener and energizer. It flushes out that little bit of fatigue still left after the shower. If it's to your liking, add a big squeeze of lemon and a teaspoon of honey to hot water - it's known to improve digestion, helps clean the lymphatic system and wards off those common colds.

Activate

Here it is... exercise first thing in the morning - one of the main reasons people rise early. There are a lot of perks to am. workouts - it jumpstarts your body and mind incredibly effectively, delivering oxygen and nutrients to muscles, organs and other tissues and upping up your energy in a natural way. It frees up the rest of your day and helps you stick to it - no more excuses! And did you know it also curbs the cravings? Yes, exercise in the morning makes you less prone to yearning for that sweetness during the day.

The forms of exercise to do in the morning are all yours - from gentle stretches to vigorous weights, power walking to marathon training. If you already have nailed your exercise in the morning - great, skip this part and move to the next paragraph. If not, let me share with you that despite being aware of the great benefits of exercise early in the morning, it took me about 20 years to get down to moving early. I didn't prioritize exercise in my morning routine, I was lazy. It wasn't until I decided to finally stop fuzzing about it and give exercise a proper place in my morning routine that I was able to stick to it and reap the obvious benefits. I started with gentle strengthening stretches, mostly to ease the back pain caused by sitting too much. Strengthening and stretching in the morning get quick results - you will feel so much better after just a few days and this will definitely motivate you to get into a healthy exercise routine - I guarantee you. There are numerous good instruction videos free on the internet so go for it.

Nourish

You've probably heard it over and over again – breakfast as the most important meal of the day. And yet, a lot of us are skipping breakfast due to the 'busy' mornings. The morning meal has many perks though, from jumpstarting our metabolism to improving our mood. And I guess we do know, we just don't prioritize. So no more skipping breakfast – give this meal a solid place in your morning routine. Where in the routine? Before meditation? After exercise? It all depends on your personal preference, so experiment with the timing. And most of all, experiment with your breakfast menu – the possibilities are endless when it comes to creating a healthy, nutritious yet easy-to-prepare breakfast.

Putting it all together

Awaken your body, awaken your soul, pick our activities and put your desired morning structure to paper. You've defined your big WHY, you've decided on your priority (or priorities), you've looked at the various ways to awaken your body and soul and now you are building your structure to support you to make the best use of your early morning. Put down your chosen activities - from the moment you get up until the moment you start your working day. And then you put an estimated time behind it. Yes, put the time you want to spend on the activity behind it. This is a must for you will notice that once you get to your activities, you will naturally spend more time on the activities than you have – especially with mindful activities as meditation and journaling. So, done. You've designed your first morning practice.

On a more personal note: I really felt resistance at first, 'designing' my morning practice. I felt like a daft control freak (recovering, I admit). However, to really seize the day, you need to support your mindset with a lifestyle structure, or it will fall apart. So when you feel the resistance against scheduling your morning coming up, think about it like this:

With this schedule I design the ideal setting to set my inner compass, nourish my body and open my mind to creative ideas so I live my life successfully and in alignment. My schedule facilitates me, opening up time and space to live my most meaningful life to the fullest.

Feeling better already? Well, let's move on!

Step 3. Routine – Action time!

Now that you've prepared yourself mentally with your designed morning structure, it's time to bridge your action to awareness. It's time to jump right into the beauty of early rising, starting... with your evening. In order to get the most out of the morning, you 1. decide your time, 2. prepare your space and 3. wind-down and get your sleep.

1. Decide your time – now that you've designed your morning schedule it's time to get realistic. Did you already calculate the time you want to spend in the morning vs. the time it takes to achieve your big WHY? First look at your schedule. How much time does your schedule take? Now, how much time would you like to spend in the morning? Do the times sort of agree with each other? Great. No? I guess your schedule's probably longer than the time you had in mind. Then adjust your schedule. Don't adjust your time. This will come. In time you'll experience that the benefits outweigh the drawbacks, you'll make time. But not now. We've got to break into it is easy – we're in it for the long run.

So schedule adjusted. Now, what time do you have to wake up to do all the activities in your schedule? One hour earlier? Two hours earlier? No matter how enthusiastic you feel right now, don't make drastic changes. Start slowly. Wake up just 20 minutes earlier than usual and adjust your schedule. Pick the activities that most excites you and fit these in the 20 minutes. That's it. Get used to this for 5 days. Then cut back another 20 minutes and adjust your schedule. Do this gradually with sets of 5 days until you get to your target time. Yes, I know, very 'technical' design again but I guarantee you, this is the way to change into your new lifestyle – this is the way to embody the early success bird in you.

2. Prepare your space for your early rising. Nothing will ease you more into your morning than coming into a prepared space. Hang your towel in the shower, your toiletries ready for use, your meditation cushion fluffed up, fresh flowers and ready-to lit candles in the room. Prepare your breakfast table, put out your journal, pens, yoga mat, have that work-out gear hanging ready to jump into. Having everything set is so wonderful – I even used to have my coffee machine on a time-clock so coming down the stairs I would be greeted by freshly brewed coffee. All I had to do was pour the cup – which was already on the counter of course.

3. Wind down – I suggest you take at least 30 minutes of winding down before you actually get in your bed. Take away all that stimulates your mind, including anything digital, yes, also your phone. A nice hot bath, gentle stretches, herbal tea, relaxed reading (no heavy stuff or self-help books as they get your mind going again!), anything that eases you into that relaxed state. I myself often take an evening stroll around the neighborhood. Making this a ritual my body and mind really know that I'm one step closer to bed, letting tension go by itself.

Get your sleep - start going to bed earlier. Yes, you've got to get a good night's sleep. The quality of your early morning is directly affected by your bedtime and how much sleep you personally need to function optimally. We all differ in the amount of sleep we need, but 6 to 8 hours for adults is the norm. Sure, you can compromise on your sleep from time to time, but eventually you'll crash. We all do. So don't burn the midnight oil too often, get that good night's sleep and seize that early morning! – and eh... don't forget to set your alarm clock.

Waking up to your Reason

This is for real. You are an early bird now. Your alarm clock goes off and you are jumping out of bed into your prepare space, into your best morning. Expecting a hard time? Yes, you probably going to have it though for a few days but your Reason & Rhythm will pull you through. A few tips:

Put your alarm clock far from your bed. This will prevent you from hitting the snooze button. If your clock is away from your bed, you will have to get up to shut it off. And since you're up then, you have to stay up.

Get out of your bedroom as soon as you shut off your alarm. Don't look back, just get out of the room and jump into your prepared space. My routine is to stumble into the shower. By the time the water hits me, there's no going back 😊

Don't rationalize it. Once you allow your sleepy brain to have a say, it will talk you straight to bed. Ignore the little voice in your head begging for more sleep and keep your big WHY on your mind. There's no going back – you are going to seize this morning and win this day!

Swaying your Rhythm

It's time to do your morning practice. Rising early honestly becomes your most precious asset when you guard your time and stick to your schedule. Now in order to make sure you sway your designed Rhythm, you are going to use a timer for the first 4 – 6 weeks of your early morning practice. Setting your time, guarding your boundaries is a must – you'll notice that once you get to your activities, you will naturally spend more time on the activities than you have – especially with mindful activities as meditation and journaling. You'll forget time. On the other hand, without a timer your mind will naturally go of wondering how much time you'll still have – especially during mediation. You'll focus on time. Using a timer takes this all away, this habitual emphasis on time while we are practicing. Using a timer facilitates the swaying into our Rhythm. Using a timer allows us to relax into the deeper space within us, our inner compass that sets us up for our best day. And that's what early rising is all about, isn't it!

Making it your Routine

Swaying your Rhythm with your big Why on your mind – at first it feels like you're forcing yourself to do something against your nature. And it probably is. But you'll soon begin to experience the benefits of your incredible new lifestyle. You'll feel relaxed yet energized, productive yet content. And while it seems a long way now, soon you will look forward to waking up early – believe me.

And in the mean time? Reward yourself. Reward your path into your new lifestyle with something that really gives you pleasure, motivates you to rise at the crack of dawn. Get some new workout gear, that Italian leather-bound notebook you always wanted, that special brand of organic coffee that delights you so much. I bought myself the most beautiful crystal candle holder to light my morning candles in (yes ridiculously pricey but so worth it!) – many years ago and it still delights me every single day to see the little flames resembling tiny rainbows when they spread their lights over the crystal prism.

Stick to your schedule. Go mindfully through your early morning and that's it! You've done it. You got up, devoted your early morning to your own designed practice and you are set! You are officially an early bird now – you've activated your whole being - nourished & energized yourself – made the best use of the early morning and now you are going to have a great day.

So go off and rule the day!

When things fall apart...

You've paired your mindset and structure – nailed your big Why and are set up to sway your Rhythm. Even your Reward is in place. And then... it seems to fall apart. Yes, every good intention, every lifestyle change meets resistance in some way. Distractions left right and center; obstacles all the way. This is natural. This is part of building a new lifestyle. You know this, you've experienced this before. But now you are going to make it stick. Each and every time something comes up, you make the choice to start over. Because you are in for the long run. You are an early riser now.

Some of the roadblock you might stumble upon:

You went to bed late, so you didn't get up early. Yes, this happens. It's not an excuse to completely abandon your early morning schedule – you can still do a few early morning activities like a short exercise and a healthy breakfast!

You've got to be somewhere really early. Same thing - It's not an excuse to completely abandon your early morning schedule – you can still do a few early morning activities.

You've got visitors staying overnight... So what?! It's your house, your time. And eh... I bet your early morning success routine might inspire some of them.

You're staying overnight somewhere else. Great! Enjoy! And still do your morning routine, only adjust. Confined to a bedroom? Meditate and journal on the bed. Place your yoga mat in front of the bed. Good weather to go outdoors? Seize the garden or balcony, or find a park to do your morning practice and run around the unknown neighborhood. Get creative and explore! No excuses!

You're ill. Rest! Your body needs more sleep than usual. Rest and get your strength back. Missed one day? Jump straight into early rising again the next day – as cool as a cucumber. Missing a few days? Keep practicing your morning routine in your sickbed - visualize yourself getting up early while you're still in your sick bed – this will keep you connected to your lifestyle and helps you getting back on track. And when you're ready to rise early again, ease yourself into it as you did starting your early morning practice. Just be patient. You know you can do this!

Any other road block on the way you don't know how to handle? [Connect with me](#) for a meaningful conversation on you and your success routine – free of course. I love a good challenge and I love to support you in your new lifestyle.

Remember...

Remember – your early morning success routine is a lifestyle, your lifestyle. It's not your newest fad, this is how you decide to live your life from now on. You are seizing the morning and winning the day in order to live your life to its fullest! And you will - because nothing is standing in your way & I have your back, supporting you all the way with **a free 20 minutes kick-start** towards your early morning success routine. So **connect with me** for a meaningful and most effective conversation on **Your Early Morning Success Routine**. So what are you waiting for?

You have identified your big WHY, you have established your RHYTHM and now you are going to reap the REWARDS of early morning success routine.

It takes 21 to 40 days to establish a new habit, to change into our new lifestyle. So stick to your designed Rhythm for at least 21 days. Yes, you can adjust during the weekends, but really, try to stay as close to your new lifestyle as possible.

After about 21 days, reflect and assess what works well for you and what doesn't. Reflect and act upon it. Modify, tweak, this is your system, this is your new lifestyle. Yes, you are an early riser now and yes, you rock your success routine.

On a Personal Note:

Now you've kick started your early morning success routine and are ready to go all the way, I'm inviting to a complementary Simplify To Succeed Session with me – because I know from experience that there's nothing more POWERFUL than an 1:1 conversation to cut to the core of your business & to get you moving upwards to Peak Productivity, Profit & Growth.



In the Simplify To Succeed Session we are determining the #1 thing that you need to prioritize RIGHT NOW in your business & take ACTION on. So if you:

- Are serious about your business & leveling up
- Love what you do & wonder how to excel even more without trying to be & do it all
- Know it's vital for you & your business to expand but can't seem to make time for the innovation & creation needed right now...

... this is the strategy session for you! In the session I will show you WHY you are not getting the exact results you so want right now & HOW to turn that around – Simple & Clear.

Have your strategy session and leave knowing EXACTLY what you need to do next to achieve fast, sustainable results :

- Improving your revenue – Profit!
- Executing your zone of genius – Freedom, Creativity & Joy!
- Growing your business to the level that is truly fulfilling for you – Meaning & Impact!

[BOOK YOUR SESSION NOW](#)

I'm **Elles Lohuis PhD** – Simplify To Succeed Business Consultant & Mindful Minimalist.

I help entrepreneurs to scale up their business for more profit, impact & meaning on all levels.



▶ I work with driven entrepreneurs – solopreneurs and small business owners who:

- see more opportunities and need a strategy to make it work
- want to have more income and need to tweak their business model to leverage to this next stage
- want to have more time & more freedom so need to get their business processes work for them

▶ My philosophy - Have nothing in your business that you not know to be profitable, or believe to be meaningful. (*adapted from William Morris*)

▶ My strategy - Simplify Your Business To Succeed

- Decide – make conscious choices on the business you want
- Delete – remove what's not serving anymore – for more profit
- Simplify – streamline your processes (automate & delegate) – for more freedom & more time
- Succeed – execute in your zone of genius with focus & flow – for more impact, reaching your next level in business - true fulfillment on all levels

▶ My track record - With over two decades of hands-on experience in entrepreneurship, international business training and coaching, I have an 80% track record of new start-ups being profitable within the first year. I've created & conducted entrepreneurial courses internationally & I've worked in many other global businesses to improve their business systems as well as enabling them to capitalize on their market. My passion & talent is help you to do the same – taking YOUR business to the next level you desire.

▶ So if you:

- Are serious about scaling up your business
- See more opportunities and need a solid strategy to make it work
- Want more income and you need to tweak your business model to leverage to this next stage
- more time & more freedom and you need to get your business processes for you, then do yourself & our business a favor and...

▶ Connect with me for a powerful conversation & **book your complementary session**, after all...

**IF NOT
NOW
THEN WHEN?**

ELLES LOHUIS PHD



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