The SECRETS To WAKING UP Early
(Even If You ‘Hate’ Mornings)

Use this Quick Start Guide to get a competitive edge and feel less stressed.

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Want to get a competitive advantage, feel more productive, and find your ‘secret weapon’? Here is a quick start guide to help you wake up early and conquer your goals.

1. Focus on the Benefits

Harvard Biologist Christoph Randler discovered that early risers are more proactive. Morning people anticipate problems and minimize them.

Additionally, University of Toronto researchers determined that greater morningness tendencies among older adults may contribute to their improved well-being relative to younger adults.

So remember, waking up early is a distinguishing habit that can make you happier, more productive, and better at dealing with problems.
2. Quiet the Morning Demons

When you wake up, the mind could instantly tell you ‘You’re late’. It wouldn’t matter if it was actually true or not. Thoughts could be-

- You have so much to do today, you’re never going to get it done.
- You have a big meeting today - start stressing about it.

It can go on and on. But by waking up early, you can intentionally and immediately quiet these morning demons.

**TAKE ACTION.** Write your morning demons below. Actively address and defeat these thoughts each morning.

3. Start Slow

Create a time that you want to wake up (ex. 5am, 6am). This is your goal. If it is 5am, then on week 1, wake up at 6:30am, then week 2 at 6am and so on. Do this for 4 weeks until you reach your goal.

**TAKE ACTION.** Write down what time you wake up below until you reach your goal. **MY WAKE UP TIME GOAL IS:**

- Week 1: ______
- Week 2: ______
- Week 3: ______
- Week 4: ____
4. Prepare the Night Before

Minimize the excuses, and prepare to wake up early the night before. This will dramatically increase your chances of success.

**TAKE ACTION.** Use this checklist the night before to prepare.
- Lay out my clothes.
- Put my alarm clock/phone across the room.
- Have my coffee/tea ready to go.
- Know what I am going to do.

5. Have a Plan

Create a healthy routine of things you want to accomplish. Know exactly what you want to do in the first hour (ex. *meditation, morning pages, affirmations*)

**TAKE ACTION.** What routines do I want to accomplish by waking up early?

6. It’s All in Your Mind

Repeat the following affirmations before going to sleep:
- *Thank you for giving me these five hours of sleep tonight.*
- *My body is capable of miraculous things, the least of which is generating an abundance of energy from five restful hours of sleep.*
7. **Never Hit Snooze**

Kill your snooze button and kill part of your inner procrastinator in the process.

8. **Don’t Start Your Morning With Junk**

Email and social media consumption first thing in the morning starts your day off with other people’s lives and priorities. You want to use your mornings to **focus on you**.

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**Try This!** Place your phone in a different room before you go to sleep. Use an alarm clock to wake up. Then, start your healthy routines in the first hour before checking your phone again.

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9. **Caffeine is Your Friend**

Be realistic with goals. If you need a cup of coffee in the morning, have it! Over time, you can begin to cut it back.

10. **Don’t be Afraid to Tweak**

Do things that are going to put you in a better “state”. You can try routines like: *meditate, journal, morning walk, read, and yoga*.

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**TAKE ACTION.** What do you plan to do with all the “extra” time by waking up early? Write it down below!
11. Listen to Your Body
If you are sick or jet-lagged, sleep in. It is important to listen to your body and treat it right.

One word of warning. Don’t use this too often and don’t use this until after waking up early has become an established habit for you.

12. What About Weekends?
You can wake up at your set goal time even on weekends to establish this habit. But be aware if it has negative effects to you. Like the point above, listen to your body.

A Good Rule of Thumb. Aim to get 7 hours of sleep on the weekends. If you go to sleep at 12am on Friday, set your alarm for 7am on Saturday. Then follow the rest of your morning routine.

13. Don’t Forget the Point
Waking up early is simply a tool that allows you to start your day in a positive, more intentional manner. It gives you time to focus on you so that you can set yourself up for a successful day mentally, physically and emotionally.

• Don’t ever say this: “I HAVE to wake up at 5am tomorrow.”
• Always say this: “I GET to wake up at 5am tomorrow.”
Chris Winfield is a passionate entrepreneur, writer and coach in New York City. Chris helps successful entrepreneurs and executives decrease their time spent working while increasing how much they accomplish. With the use of simple systems, techniques and the power of true focus, Chris teaches his clients and readers how to truly work smarter not harder. This new freedom gives them more time to spend doing what they want, with the people they love.

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