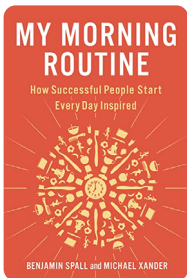


MEETING IN A BOX

My Morning Routine

Your morning sets the tone for the whole day! This book offers a wealth of examples on how successful people start and end their day. Are you ready to take your morning routine to the next level?



- **Step 1:** Have your team read the getAbstract summary of [My Morning Routine](#). To access the summary, click on the book cover.
- **Step 2:** Schedule a meeting with your team to discuss the questions below.
- **Step 3:** Have a discussion with your team.

“The choices we make during the first hour or so of our morning determine whether we have productivity and peace of mind for the rest of the day or whether it will clobber us over the head.”

My Morning Routine

Benjamin Spall and Michael Xander

Discussion Questions

1. How much time do you have from when you wake up to when you go to work?
2. How soon do you check your phone when you wake up?
3. Do you consider yourself a morning or an evening person?
4. What's one thing you do in your morning or evening routine that is critical to your success?
5. What's one thing you could add to your morning or nightly routine?

Additional resources:



Sidestep New Year's Resolutions...
journal article



“Are You Going to Talk About It or Be About It?”
journal article



Dave Asprey
journal interview



Habits Channel

mymorningroutine.com