



GETABSTRACT REVIEW OF

My Morning Routine

How Successful People Start Every Day Inspired

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](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

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?

“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

Additional resources



Habits



Dave Asprey journal interview



Sidestep New Year's Resolutions...

