



A.M. MINDSET,
METHOD

1) DON'T HIT SNOOZE!

WE KNOW...IT'S TEMPTING!

Hitting snooze is going to make waking up that much harder. The best practice is to get up right when you hear your alarm go off. Go straight to the kitchen and start chugging that H2O! Start the day hydrated. As an athlete -- hydration is KEY.

2) JOURNAL

MANIFEST YOUR HOPES AND DREAMS

It is tempting to grab your phone in the morning. However, instead of scrolling mindlessly on social media, start journaling. Journaling on a blank sheet of paper can be daunting - we get it! Start with 3 affirmations (each of which begin with "I" statements. ie: I have everything in me to be successful.) set your intentions for the day and jot down your goals for the week. You will get in the flow as you journal each day and then you can prompt your journal to what best suits you!

"EVERY MORNING, I WAKE UP SAYING, 'I'M STILL ALIVE, A MIRACLE.' AND SO I KEEP ON PUSHING."

- JIM CARREY

3) DAILY SUCCESS CHECKLIST

REACH THOSE BIG GOALS!

In your journal, have a "daily success checklist" that you fill out each morning. In order to reach big goals, it starts with small steps. Having a checklist can ensure you are keeping yourself accountable and on track. Journaling and a daily success checklist can take 5 minutes or 30 minutes. Do what YOU have time for!

4) WHAT DO YOU LOOK FORWARD TO?

FIND WHAT WORKS FOR YOU!

These tips and tricks won't work unless you're enjoying them. You are going to snooze your alarm if you don't have anything to look forward to. With that, during your journaling, drink your favorite cup of coffee or hot tea! If you enjoy getting up and going on a walk, get after it! Do something every single morning that makes you excited to get out of bed.

"WRITE IT ON YOUR HEART THAT EVERY DAY IS THE
BEST DAY IN THE YEAR."

- RALPH WALDO EMERSON

FINAL THOUGHTS

If you are not a believer in this yet, give it a try! Let us know after a week how you are feeling, what you enjoyed, what you would like to do differently, etc. Do what works for YOU!

Mornings are now the best part of our day. We follow all of these steps above, along with movement and reading (find a good book to read in the morning - it's LIFE CHANGING and so much better than checking your social media) All of the morning mindset steps need to be coupled with moving your body in some capacity for at least 30 minutes a day.

If you have practice, that movement is not considered part of your A.M. Mindset Method. Make sure you are stretching, doing a cool down run, yoga, or something that YOU enjoy to get those 30 minutes of extra work in. When you're an athlete, it feels like you are always being told what to do. With your Morning Mindset Routine, you are in control. Make it your own and most importantly, make it fun and enjoyable!

Thanks for reading and following along. Email us at winyourmindset@gmail.com to let us know your A.M. Mindset Method! We'd love to see what works for you.

You've got this.