



THE
Launchpad
DIY

MODULE ONE

Mindset Matters!

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Module One

Morning Mindset Ritual

The time you wake up in the morning and how you set yourself up for the day is the most important 20 minutes of your day. (If you only have 10 minutes, then choose a few key actions and do 10 minutes!)

The way you begin your day has a profound impact upon how you feel and how your day flows for you. Experience life in a peak state most of the time, and you will experience more joy, fulfilment and success as a result.

Using the elements below you can set up your own morning ritual. You will be amazed how powerful this is towards managing your day like a champion, and impacting your business and life is a profound way!



For more information about the value of morning rituals read...
Darren Hardy's 'The Compound Effect'.
It is a favourite of mine.



Pick and choose the elements that work for you:

THANK - What gratitude/prayer will you use to begin your day? Write down 3 things every day that you are grateful for- think of the smallest thing you can be grateful for! Get yourself a separate beautiful journal for this task if you really mean business!

CONNECT - Which meditation recording or song will you choose? Go onto YouTube and search for a meditation to start your day!

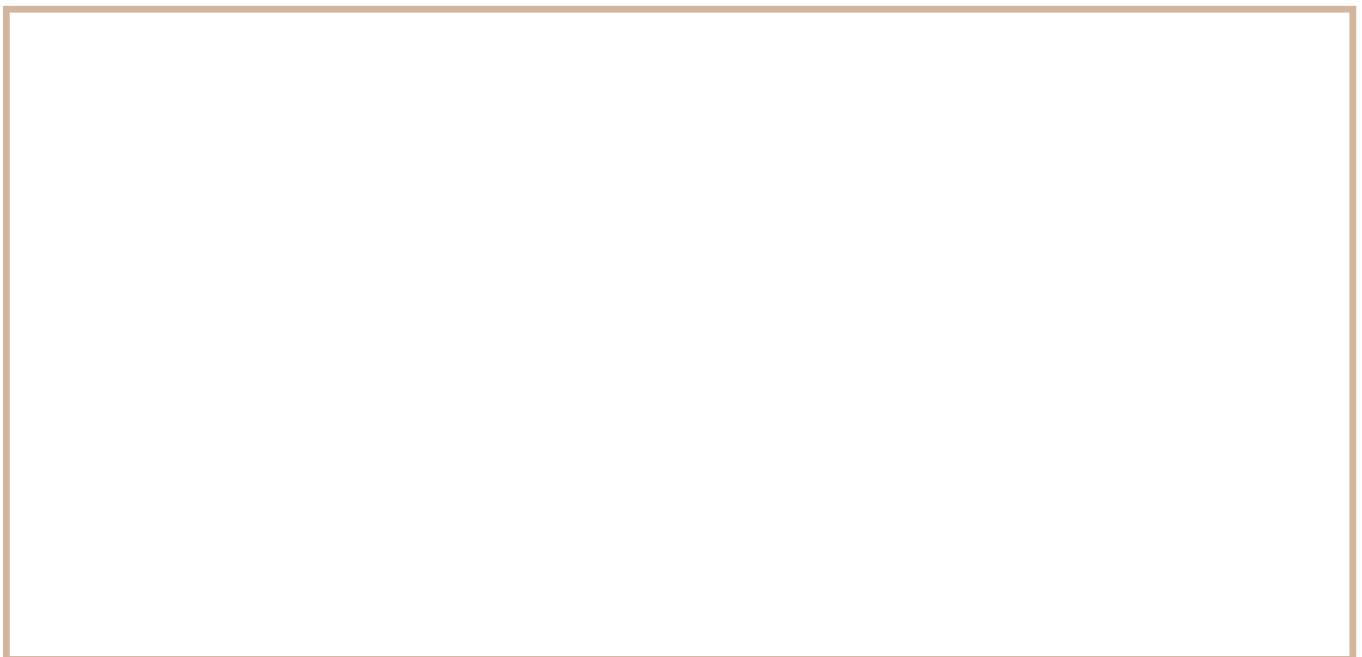
DANCE - Which song will you move to? MOVE your body, shift your energy!

VISUALISATION - What is the vision you are holding for yourself? Make it clear and big! Write it down, hold the image in your head and remind yourself every day- hold the image for 2 minutes each day.



AFFIRM - Which written mantras are important and powerful for you?

Write them down, keep them where you can see them.



SPEAK - What is your desire statement to read aloud?

Here is my template statement:

I desire to earn (amount of money) by (date- make it within 1 year)for my highest service as a (what is your title?) and helping (who is your ideal client?) In exchange for this money, I will help them to live with (3 benefits of working with you) .

I have recieved a plan for this and I am following this plan, (The plan is a divine plan)

Thank you ! (date)

Now write your own!

