

A GUIDE TO SUCCESS

Morning Mastery Guide

Create a Morning Routine That
Works for You and Boosts Your
Productivity: A 90-Days Challenge



Sachin Agrawal

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CHAPTER 1

The dawning of a new era: The essence of Morning Mastery

Wealth Disparity and Striving for Balance in Life

Did you know that only 5% of the world's population owns 95% of the wealth, leaving the remaining 95% of people to struggle for just 5% of the wealth? This raises questions about whether we're earning enough to accomplish our dreams. It's important to evaluate our personal time and family time to ensure that we're not just working to make ends meet. Striving for progress in the following areas is crucial:

- *Financial*
- *Health*
- *Relationships*
- *Business and Career*
- *Inner Life (Mental and Emotional)*

Rate your life in each of these five categories from 1 to 10, with 10 being the highest and 1 being the lowest.

For example, if you aspire to a certain monthly income or bank balance, that would be your number 10 goal in finance. If you're already earning that amount, you deserve a 10 rating for your financial status. However, if you're a bit behind, consider giving yourself a lower rating. in this way pl. give yourself a rating between 1 to 10 in each of these five areas of your life.

ACCESS YOUR LIFE

Give Rank 1 to 10

Different Areas Of Your Life	Current Stage	Desired Stage
<ul style="list-style-type: none">• Finance• Health• Relation• Business & Career• Inner Life (Mental & physical)		

The Blame Game: A Trap That Can Lead to Negative Coping Mechanisms

When we fail to achieve our desired lifestyle despite our best efforts, we may resort to cheap forms of entertainment like alcohol, TV, and movies. This only exacerbates the problem.

Some of us may feel like victims and point fingers at others for our misfortunes. This is the blame game trap.

On the other hand, some may start to doubt themselves and develop negative self-talk such as

"I am not enough,"

"I don't have enough,"

"there is not enough in the world,"

"I am not successful,"

"nobody loves me,"

"everybody is selfish,"

"everybody wants to use me,"

"earning money is very difficult,"

and "only some lucky and selfish people can get rich."

Empower Yourself and Transform Your Life with Morning Mastery Guide

Are you seeking to take control of your life and unlock your full potential? Look no further than the Morning Mastery Guide eBook and workshop. It's not just about your mornings; it's about mastering your life as a whole. We live in a time of boundless opportunities and resources, and we all have the power to make a positive impact on the world. However, most of us fail to tap into the vast reserves of energy and potential within us. By learning and implementing the methods outlined in this book, you can create miracles in your life.

We often limit ourselves due to mental constraints and a lack of belief in our abilities. But the truth is, you are far more powerful than you realize. You have access to an abundance of energy and resources that can help you achieve your biggest dreams. Don't let your life be meaningless; wake up your dreams and take action today.

Remember, there are no limitations Morning Mastery Guide except the ones we impose on ourselves.

The Power of Restarting: Lessons from the Movie "12th Fail"

Have you seen the movie "12th Fail"? It's fantastic and delivers a powerful message: it's never too late to start over.

Regardless of past failures or the problems you've faced, the key is to keep pushing forward. As the saying goes,

"everything will be alright in the end, and if it's not alright, it's not the end."

Don't let past defeats or negative experiences stop you from achieving success. If you're not where you want to be, it's because fear is holding you back.

The key to success is developing an unshakable belief in yourself, which is possible through consistent practice. You have a hero inside of you, waiting to come out and show the world what you're capable of.

Keep in Mind That Every Experience is a Learning Opportunity
Success and failure are both important parts of our journey through life. Remember, each obstacle you face helps shape who you are today.

As kids, our inner hero was always alive. We didn't feel fear, we searched for stars and followed butterflies. Our tiny eyes saw big dreams and believed we could achieve them. Try to find that hero within yourself and awaken it once again. Don't give up and keep pushing forward!

Achieve Success in Every Aspect of Your Life with the Morning Master Guide

By following the method outlined in the Morning Master Guide and attending the Morning Master workshop, you can attain a plethora of benefits, such as:

- Good health
- Appropriate weight
- More money
- Increased impact
- Improved leadership
- Boosted creativity
- Enhanced efficiency
- More energy
- Heightened positivity
- Greater peace of mind
- Healthy relationships

These benefits will help you achieve success in all areas of your life.

Achieving Success in Any Area of Your Life: The Five Key Factors:

To achieve success in any area of your life, you need to focus on five essential elements:

- Mindset
- Skillset
- Strategy
- Action
- Consistency

With the Morning Master method described in this book, you can develop these five factors for any aspect of your life and attain success.

Life Skills vs. Job Skills

There are two types of skills: Life skills and Job skills. Life skills are more crucial than Job skills. In the epic Mahabharat, when Arjun expressed his inability to fight in the middle of the battlefield, he lacked life skills. Despite being an expert in his field, he needed clarity in his mind to fight. Krishna taught him the life skill of decisiveness, and he went on to win the battle.

Unlock Your Full Potential

You are like a seed with unlimited growth potential. Instead of merely going through life, strive to grow in all aspects of it. When you start focusing on the solutions rather than the problems, life itself will start to flow abundantly.

My humble advice

While reading this book, avoid using the words

"I know that."

These words can hinder your ability to learn and grow. Always remember that if you are not actively following anything, then you do not truly know it. Let's embark on this exciting journey together.



CHAPTER 2

The hour of awakening: Discovering the optimal time to rise

Optimal Awakening Time: Exploring the Spiritual and Mythological Dimensions

The best time to wake up is during the "creator's hour," also known as Brahma muhurta in Sanskrit. This period begins 96 minutes before the sun rises and ends 48 minutes before sunrise. For example, in Raipur Chhattisgarh, where the sunrise is at 6.10 am, the creator's hour would be from 4.34 am to 5.22 am. However, this time frame may vary depending on your location and the time of year.

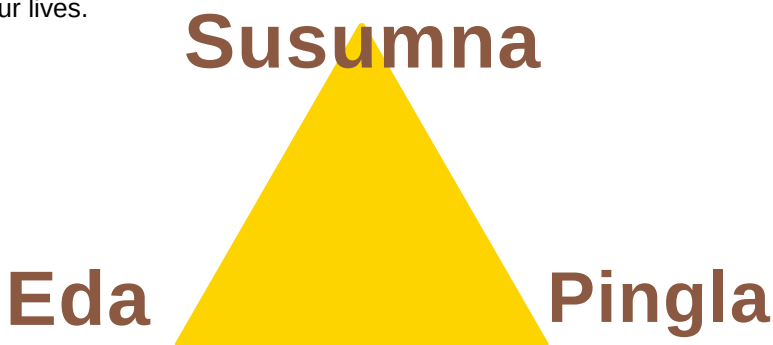
If the concept of Brahma muhurta seems complicated, there is an alternative way to view the optimal awakening time. In mythology, the 24-hour day is divided into eight Pahar, with four Pahar in the day and four in the night. The first Pahar of the night, known as Pradosha, is from 6:00 pm to 9:00 pm, followed by Nishit from 9:00 pm to 12:00 am, then Triyama 12:00 am to 3:00 am, and finally Dawn or Usha from 3:00 am to 6:00 am.

According to mythological beliefs, the cosmic energy of the universe is at its highest during the Dawn or Usha pahar. Therefore, awakening anytime between 3:00 am to 6:00 am is believed to be beneficial for personal growth and development.

The Power of Cosmic Energy and How to Connect with It

Did you know that we only receive a small amount of cosmic energy when we sleep? To tap into the full potential of this energy, we need to be awake and engage in activities such as meditation, yoga, and Pranayam. By doing so, we can transform our lives and achieve our dreams. This energy can provide us with incredible power and personal growth, making the impossible possible.

With less traffic and fewer distractions during this time, it is easier to connect with the spiritual world and enhance our spiritual power. According to mythology, there are 72,000 energy channels in our body that are constantly moving. The three main channels, pingla, susumna, and eda, have different functions in our body. During Ushakal, awakening both pingla and susumna can give us tremendous energy, and with the help of Pranayam and meditation, we can activate our susumna Nadi also which generally less activate in the body of a common man and activating that can bring miracles to our lives.



Ayurveda: Understanding the Three Doshas and the Benefits of Ushakal

According to Ayurveda, everything is comprised of five elements: Akash, Vayu, Agni, Jal, and Dharti.

Furthermore, These universal energies are present in our system as these three doshas (Tridosha) or personalities are named Vata, Pitta, and Kapha. When these three are in balance, the body remains healthy. However, if any one of them increases, it can lead to disease

During Ushakal, the Vata is at its peak, causing all physical actions to be performed very intensively so if u perform your daily routine at this time it goes very well as if u go for a nature call at this time motion comes very easily .

When you take use of this higher quantity of Vata , it prevents it to go beyond the limit in your body , Thus avoids disease.

Vata Dosha at it's peak helps u to do intensively any activity you do such as yoga, Pranayam, meditation, exercise, or any other work that requires focus and concentration.

Akash Vayu Agni Jal Dharti.

Vata dosha Pitta Dosha Kapha Dosha

Some benefits of ushakai includes

minimum noise pollution,

- A pure and clean atmosphere with less disturbance,
- Better concentration,
- Less radiation, and less air traffic.

These benefits make it the perfect time for meditation, affirmation, visualisation, manifestation, reading books, learning something new, creating new ideas

By waking up early in the morning during ushakai, you can gain enough time for yourself. Nowadays In the chaos of day-to-day life, we often neglect ourselves and fail to build a strong relationship with our inner selves. This lack of clarity results in not knowing what we truly want, which often leads to a feeling of dissatisfaction even after achieving big success or earning a lot of money.

Taking Control of Your Health by Waking Up Early

Utilizing your morning hours wisely can help you take charge of your overall well-being, which includes four essential dimensions:

- Health Set (Physical Health)
- Mindset (Mental Health)
- Heartset (Emotional Health)
- Soulset (Spiritual Health)

CHAPTER 3

The magic of mingling with the greats: The benefits of rising with CEOs and world leaders

Embark upon a wondrous journey through the enchanting rituals of the most accomplished of beings. Delve into the threads of their daily tapestries and witness the mysteries of their efficacy. From these sacred practices, a spark of inspiration ignites, illuminating the path to remarkable achievements. May this mystical tome offer insight into these rituals, guiding seekers through the enchantments of their own potential.

As you turn the pages of this mystical tome, you'll discover the secrets behind the daily rituals of some of the most accomplished individuals. You'll learn about the subtle yet powerful threads that are woven into the tapestry of their lives, and how these seemingly small actions lead to remarkable achievements. It's through these rituals that they tap into their own potential and unlock their true power. By studying these practices and embracing their own unique path, seekers can embark upon their own wondrous journey towards greatness. So open your mind and let this enchanting text be your guide as you discover the magic within yourself.

Please take a moment to consider the timing of the great ones' awakening.

Serial Number	Name	Profession	Wake-up Time
1	Tim Cook	CEO of Apple	3:45 AM
2	Richard Branson	Founder of Virgin Group	5:45 AM
3	Michelle Obama	Former First Lady of the U.S.	5:00 AM
4	Mark Wahlberg	Actor and Producer	3:30 AM
5	Indra Nooyi	Former CEO of PepsiCo	4:00 AM
6	Jack Dorsey	CEO of Twitter and Square	5:00 AM
7	Ursula Burns	Former CEO of Xerox	5:15 AM
8	Howard Schultz	Former CEO of Starbucks	4:30 AM
9	Michelle Gass	CEO of Kohl's Corporation	4:30 AM

Serial Number	Name	Profession	Wake-up Time
10	Bill Gates	Co-Founder of Microsoft	6:00 AM
11	Dwayne "The Rock" Johnson	Actor and Producer	4:00 AM
12	Howard Schultz	Former CEO of Starbucks	4:00 AM
13	Jeff Bezos	Founder of Amazon	6:00 A.M
14	Michelle Gass	CEO of Kohl's Corporation	4:30 AM
15	Mary Barra	CEO of General Motors	5:15 AM
16	Jamie Dimon	CEO of JPMorgan Chase	5:00 AM
17	Bob Iger	Former CEO of Disney	4:30 AM
18	Michelle Bachelet	UN High Commissioner for Human Rights	5:00 AM
19	Jack Dorsey	CEO of Twitter and Square	5:00 AM

Indian Celebrities And Great Ones

Serial Number	Name	Profession	Wake-up Time
1	Akshay Kumar	Bollywood Actor	4:00 AM
2	Mahatma Gandhi	Leader of Indian Independence	4:00 AM
3	Narendra Modi	Prime Minister of India	5:00 AM
4	Shah Rukh Khan	Bollywood Actor	6:00 AM
5	Deepika Padukone	Bollywood Actress	5:30 AM
6	Aamir Khan	Bollywood Actor	5:00 AM
7	Priyanka Chopra	Actress and Producer	5:30 AM
8	Amitabh Bachchan	Bollywood Actor	4:30 AM
9	Kareena Kapoor	Bollywood Actress	6:00 AM
10	Salman Khan	Bollywood Actor	4:30 AM

Indian Businessmen

Serial Number	Name	Company	Wake-up Time
1	Mukesh Ambani	Reliance Industries	5:30 AM
2	Ratan Tata	Tata Group	4:30 AM
3	Adi Godrej	Godrej Group	5:00 AM
4	N. R. Narayana Murthy	Infosys	5:00 AM
5	Azim Premji	Wipro	5:30 AM
6	Anand Mahindra	Mahindra Group	5:00 AM
7	Kumar Birla	Aditya Birla Group	5:30 AM
8	Shiv Nadar	HCL Technologies	5:00 AM
9	Gautam Adani	Adani Group	5:15 AM
10	Lakshmi Mittal	ArcelorMittal	5:30 AM

Disclaimer:- Please note that the time frame provided may vary depending on the source of information. This can include books, the internet, interviews, websites, and other available sources.

Nearly two-thirds of successful CEOs say they wake up at 6 a.m. or earlier: 'It's just a matter of establishing routine'

Apple CEO Tim Cook gets up at 3:45 a.m. However, many prominent and accomplished entrepreneurs and CEOs wake up at the crack of dawn, or even earlier, to gain a head start on their busy day. According to a recent survey of CEOs from Inc. magazine's most recent ranking of the fastest-growing private companies in America, the majority of successful business leaders wake up no later than 6 a.m. In fact, 64% of the 1,086 CEOs surveyed get up by 6 a.m. or earlier, while nearly 9 out of 10 rise no later than 7 a.m.

Here are the survey's most common wake-up times:

- 6 a.m. (37% of respondents)
- 5 a.m. (27%)
- 7 a.m. (22%)
- 8 a.m. (5%)
- 4 a.m. or earlier (5%)

According to Inc. editor-in-chief Scott Omelianuk, this is not surprising, as mornings may be the only quiet time in any CEO's daily schedule. "For many of the entrepreneurs I speak with, mornings are the time when they can focus," Omelianuk says. "It is a time of quietness where they can concentrate on the issues of the day, whether it's making a list or strategizing. It's the moment when they can reflect before everything that derails the perfect day begins to happen."

The Habits of Highly Productive CEOs & World Leaders

Developing ultra-disciplined habits is key to success, and the **Law of Cause and Effect** by Brain Tracy emphasizes this point. According to this law, you have the potential to achieve anything that has been accomplished by anyone else in the universe. All you have to do is follow in their footsteps and mimic their habits. Successful people's morning routines and awakening times can inspire us all.

While we'll discuss morning routines in detail in next chapter First Of All it's important to understand the

benefits of rising early and following good habits

Discovering Your Hidden Potential

Everyone is unique, and we all possess a vast amount of untapped potential. By waking up early and following a morning routine, you can explore your hidden treasure and unlock your full potential. By doing this, you can achieve great things.

Aligning Mind, Body, and Soul

Just like in nature, balance is important to maintain within yourself. When you maintain alignment between your mind, body, and soul, you become unstoppable.

Aligning with Nature

Swimming with the flow of the river is much easier than swimming against it. Similarly, waking up early and following a routine aligns you with the natural flow of the day, allowing you to explore the full potential of nature.

The Importance of Personal Time in the Morning

It can be tough to prioritise personal time in our fast-paced world, but it's crucial for understanding our desires, strengths, and values.

Mornings are an ideal time to spend alone, especially while others are still asleep, to develop a better understanding of ourselves. This time can be used for self-care, self-love, and nourishing the mind, body, and soul.

The morning hours are a prime time for creativity, with no distractions to defocus you. You'll have complete focus to explore new ideas and ways to improve everything. This is the peak time for your mind's creativity, so it's important to take advantage of it. You can use this time to develop new skills, use your full potential, and boost your energy levels to increase efficiency and productivity throughout the day.

By waking up early and spending time with yourself, you'll be able to observe things that you may not have noticed before, **which can improve your awareness**. Awareness, like a muscle, can be developed and will give you deeper insight into everything going on in your life, allowing you to make better decisions.

In addition to mental and emotional benefits, using this early morning time can also improve your physical and spiritual health. As you meditate and focus on yourself, you'll gain clarity regarding your goals and purpose in life. This clarity will help you identify important goals and priorities, the people you want to work harder for, and the moral values that guide your life. Having this clarity will give you the power to do wonderful things in your life and make the most of every moment.

Maximizing Professional Growth: A Daily Morning Routine

To increase your income and overall impact, use this early morning hour consider adopting a daily morning routine which we are going to discuss in next chapter . By following this routine, you will experience a boost in efficiency and productivity, leaving you with extra time to create something new, find innovative solutions to problems, and tackle any situation with more strength and confidence. As you reset your identity and reprogram your brain, your mind will become a blank slate, allowing you to write a new script for yourself, giving you a new identity that will empower you to achieve things you never thought possible. With affirmations and meditation, you can even develop the traits of a leader, creator, & champion.

Here are some key benefits of adopting this daily morning routine:

- **Resetting your identity and reprogramming your brain:** After a refreshing 6-7 hours of sleep, your brain is rested and ready to learn. By following a specific routine in the morning and writing a new script for your brain, you can give yourself a new identity that empowers you to achieve things you never thought possible.
- **Finding joy, happiness, and forgiveness:** In the early morning hours, when you are most connected to nature and yourself, you will feel more joy, happiness, and the power to forgive others.
- **Developing discipline and self-control:** Although initially difficult, following a specific routine every day will become easier, ultimately leading to the development of discipline and self-control.
- **Increasing willpower:** Forming new habits is challenging but will increase your willpower and self-discipline. As you acquire new habits and develop stronger willpower muscles, you will be better equipped to take on more significant challenges in your personal and professional life.

CHAPTER 4

Unleashing the power of the morning:

Crafting a potent morning routine for a victorious start

The C.A.R.E. Formula:

A Powerful Morning Routine

Prepare to unlock the hidden potential within you, dear adventurer, for the secrets of the C.A.R.E. Formula await your discovery. Let this powerful morning routine guide you towards the path of greatness, as you embark on a journey divided into four wondrous parts:

C - Connect:

In this sacred time, connect with the supreme forces that govern our realm - be it the universe, nature, or the Supreme power. Then, delve within yourself and connect with your inner world, your higher self, and your grandest dreams and goals.

A - Act:

Next, awaken your inner fire with physical activities such as exercise, yoga, or Pranayama, energising your being to face the day's trials.

R - Record Everything:

Capture your thoughts, experiences, gratitude, and other significant moments in your journal, weaving your own tapestry of wonder.

E - Educate Yourself

Finally, Spend time engrossed in the wisdom of the written word, and broaden your horizons with new knowledge and insights.

By embracing this enchanting formula, you too can unlock your potential and ascend to great heights, becoming a leader of success in every aspect of your life.

Perchance, shall we delve deeper into the mystic rites of the morning? Let us unlock the secrets of each of the four sacred components.

The C A R E Formula: A Morning Routine for Success

Are you ready to kickstart your mornings and set yourself up for success? Let's explore the C A R E. formula, but before that, let me walk you through my morning routine.

I begin my day at 4:00 a.m. with a silent meditation, focusing on my breath and the natural sounds around me. Next, I express my gratitude to the almighty for all the blessings in my life. Then, I take some time to visualize my goals and map out the necessary steps to achieve them.

To start my day off right, I drink three glasses of water from a copper utensil that I keep overnight. I then do some exercises, including fast breathing, stretching, Pranayama, and yoga. During this time, I also listen to spiritual leaders like BK Shivani, Gaur Gopal Das, and Sudhanshu Ji Maharaj, and read a book.

After that, I have a healthy breakfast consisting of sprouts, fruits, and a small amount of soaked dry fruits. I prefer to have my last meal of the day before sunset.

Throughout the day, I journal my experiences, victories, and new ideas, which helps me to stay focused and motivated. Before going to bed at 10 pm, I meditate, pray, and reflect on my day, noting down what I did well and what I could improve on.

This morning routine has had a significant impact on my life, and it's what inspired me to write this book and conduct morning mastery workshops to share its benefits with others.

My mission is to positively influence the lives of more than one crore people by 2030.

Now, let's dive into the C A R E. formula and explore its four parts, including how to do it, its benefits, and its impact on your life.

The "C-Connect" Practice:

Connect with the Supreme Soul, Universe, or Nature

Silence /Meditation - Start your day off right by taking a moment to sit silently with your spine straight and focus on your breathing pattern. If you're spiritual, imagine connecting with the Supreme Soul. If not, simply feel a connection with the universe or nature. Practice being present in the moment and take in your surroundings, whether it's the sound of birds chirping or the music of nature.

Often, we're caught up in past memories or future worries. This activity helps ground you in the present. You can also practice this silence exercise for a few minutes multiple times a day. Simply bring your awareness to your breath and environment. This is the simplest form of meditation. If you're interested, you can try a guided meditation, but it's not necessary. Just focus on your breath and enjoy the benefits of being present.

The Power of Prayer and Gratitude

Prayer isn't just about asking for things, it's also about expressing gratitude for everything you have. All too often, we complain about what we lack and take for granted the things we possess. For instance, we may not appreciate our loved ones until they are no longer with us. It's human nature to behave this way, but it's important to remember that nothing in life should be taken for granted.

As the saying goes, "I complained about not having any shoes until I met the person who had no legs." There are millions of people who are less fortunate than you, so it's important to be thankful for what you have. Appreciate your hands, legs, healthy heart, eyes, ability to hear, walk, and the people around you. The air, water, trees, sun, moon, good events, and opportunities are all worth appreciating.

Try making a list of all the things you're thankful for and see how it makes you feel. When you begin your day with gratitude, you'll feel positive, energetic, and enthusiastic. This will help you stay calm and peaceful even during a thunderstorm. Nowadays, many people are impatient and complain about the smallest things. They only need a little trigger to activate their negative emotions. For example, if the electricity goes out, they feel anxious. If the weather is too hot or cold, they become upset. However, happiness, pleasure, and the quality of life do not depend on external circumstances or what is happening to you. It all depends on what's going on in your mind.

Connecting with Your Inner World and Higher Self through Affirmation, Auto-Suggestion, and Chanting

Have you heard the famous saying, "The door of changes opens from inside"? It's true that what you experience in the outer world is a reflection of what's going on in your inner world. In other words, "you will not get what you want rather you will get what you are." This means that your **Beliefs, Feelings, Thoughts And Actions** shape and create the world around you. You attract everything in your life, from situations and people to success and failure, pain and pleasure, problems and opportunities.

If you want to see a beautiful exterior in your life, you need to make your interior beautiful. Instead of focusing on finding faults in others, invest your time in changing yourself. One effective way to do this is through affirmations, which help you create new beliefs, change your vibrations, emotions, feelings, and patterns of your mind, and create a new reality for yourself.

“Affirmations are set of powerful words that describes what you want to be, achieve, or look like in your life.” By assuming that these things have already happened, you can chant positive sentences in the present tense. For example, "I am charming," "I am a great leader," or "I am serving as many people as possible." Even if something isn't true for the present, if you want it in the future, assume that it has already happened and chant it repeatedly, either aloud or in your mind. Eventually, it will become your new reality.

Remember that the words you chant repeatedly become mantras, which means "Man+tra" = "mind+free = free mind."

By connecting with your inner world and higher self through affirmation, auto-suggestion, and chanting, you can open the door to positive changes and create the life you desire.

Connect With Your Dreams and Goals Through Visualization

Take a moment to visualize your dreams, goals, and aspirations. Imagine them as if they are already fulfilled. This technique is known as visualization, similar to replaying a successful shot in cricket. However, successful athletes such as Mr. Virat Kohli and Sachin Tendulkar often visualize themselves hitting the ball before the match. Visualizing the desired outcome before the actual event is a powerful tool that many successful individuals use regularly. Whether you're an athlete, a leader, or an influencer, visualization can help you achieve your goals.

A = Act: Physical Activity and Breathing Practices

It's time to get moving! Engage in some physical activity, such as exercise, yoga, pranayama, walking, running, or swimming. Sweating during physical activity helps to reduce the increased level of cortisol in your body, which maintains a balance of cortisol levels and eliminates toxins from your body that have accumulated from various sources. Practicing pranayama balances the Pran level in your body. When you perform breathing exercises in the morning, a large amount of Pran Shakti enters your body, energizing it.

Engaging in physical activity during the Creator Hours when the Vaat Dosa is at its peak provides numerous benefits, including hormonal balance, release of dopamine and serotonin, increased metabolic rate, regulated blood pressure, increased energy, appropriate weight, and improved memory. However, consistency is key. To achieve all of these benefits, you must be consistent in your habits. Remember, consistency is the mother of mastery!

R = Record Everything

The Benefits of Journaling: How to Improve Your Life

Journaling is a powerful tool that can help you maintain a clear mind, gain deeper understanding, and view situations from different perspectives.

Writing your thoughts down can free your mind and give you clarity. It's a great habit to maintain, and you can journalize a multitude of things. Here are some examples:

- What you've learned from your past
- Your emotions and feelings
- Challenges you're facing
- Possible solutions to those challenges
- Ideas and thoughts
- Things you're grateful for
- Dreams, goals, and vision
- Events and experiences
- Priorities and main focus areas
- Five micro-wins you want to achieve each day (in business, relationships, health, or spiritualism)
- Five things to improve
- Mistakes you've made and learning from them
- Commitments and expectations of yourself
- Desired outcomes

Try writing down five micro-wins you want to achieve each day, five things you want to improve, and five things you're feeling grateful for. This will benefit you greatly.

"Think on Paper" - A Popular Phrase to Encourage Journaling

There is a popular saying that emphasizes the importance of writing things down. It suggests that big ideas are formed in three steps: first in someone's mind, second on paper, and lastly in reality. So, it's a great habit to keep a journal and jot down your thoughts.

Journaling can help in many ways, such as:

- **Letting go of negative emotions:** writing down the things that are bothering you can help you identify and clear your emotional garbage. Most diseases result from toxic thoughts and emotions that come out in the form of bad relationships, negativity, and low self-esteem. It's necessary to identify and release these emotions and thoughts.
- **Decreasing the intensity of challenges:** when you write down your challenges and problems, the power of the problem goes down. Most of the time, you'll come to the conclusion that the problem isn't as big as you thought it was. Writing down your challenges and problems can also help you come up with possible solutions.
- **Creating a legacy:** Your journal is your legacy. It can help you inspire others and give you insights into facing situations wisely. Your journals can take the form of educational videos, a book, a documentary, an autobiography, a seminar, training, or keynote speeches in front of thousands of people.
- **Absolute clarity:** Writing down your priorities, goals, important focus areas, situations, strengths, and weaknesses can give you absolute clarity and sharp focus to go straight towards success.
- **Deepens your learning:** Actual learning takes place when you journalize your learning, capture your learning, and make a habit of taking notes. Weekly studying of your notes will inspire you to take positive action towards change.
- **Written gratitude:** It gives you positivity, joy, happiness, and strength. It's like a tool for fighting negative emotions.
- **Shifting focus from difficulties to possibilities:** When you write down each and every element of your situation, your focus shifts from deficiency to possibility. No matter what happens to you till now, at any point in time, life can **restart**.

In conclusion, journaling is a powerful tool that can change your life. It helps you maintain clarity, gain deeper understanding, and view situations from different perspectives. It's a great habit to maintain, and the benefits are endless.

E = Educate Yourself: "E"Method for Personal Growth and Development

To achieve personal growth and development, it's essential to adopt a **2x : 3x mindset**.

This means that if you want to double your income, you must triple your investment in time and money to develop your mindset and knowledge. Those who become masters of their field always remain in demand, regardless of external circumstances.

For instance, I rarely drink tea, but when I do, I prefer it made by a family member who is a master in making it. **"Masters always wins"** even in the worst situation no matter what's happening to the economy its inflation or deflation situation is good or bad.

"You will only get an extraordinary life when you become extraordinary."

Becoming a master in your field requires continuous learning and upgrading to enhance your performance, productivity, and usefulness to society.

Here's a helpful method to facilitate this growth: You can read books, listen to audiobooks or watch video lessons After your physical activities

Make Notes & at least once in a week read your written notes to expand your knowledge. Sharing knowledge is also a crucial part of learning, and joining or creating a mastermind group can provide valuable opportunities to discuss dreams, vision, goals, solutions, and difficulties with others. Remember, a good teacher always learns more than their students. So, keep learning and upgrading to achieve an extraordinary life.

The battle of habit-forming:

Overcoming obstacles and mastering Morning Mastery

Challenges and Strategies to Overcome Them While Developing the Habit of Waking Up Early

When you're trying to establish a new habit, don't let external factors sway you from your goal. Be like a light bulb – no matter how strong the wind, it won't go out.

Recognizing the Need for Change: A Vital Step

It's important to acknowledge that transformation can be challenging at first. Often, we focus on changing those around us without realizing that we need to make changes within ourselves. Many of us believe that we are already perfect. We tend to act like lawyers when we make a mistake, arguing that the circumstances were unique and that it wasn't our fault. But when someone else makes a mistake, we act like judges, condemning their actions as incorrect. This approach can hinder our personal growth. To expand and improve, it's critical to recognize that we are not perfect and must form productive habits to change our lives.

To install a new habit, understand that there are three phases:

- At the beginning, it's difficult and unbearable
- In the middle, it can be messy and uncomfortable
- At the end, it becomes excellent and unstoppable

If you continue to push through the challenges, you'll eventually reap the rewards – feeling more powerful, confident, and unstoppable.

One day, losing will be harder than winning, and waking up early at **Creator Hour** will become your new reality. Keep practicing and stay committed to the process.

The 21/90 Formula for Building New Habits

Did you know that any habit you practice continuously for 21 days becomes your new temporary habit? This is the foundation of the building you want to construct. If you continue to practice that habit for 90 days, it becomes your new permanent habit. This new habit becomes a part of your personality and character, creating a **'new you'** and a new life. Although the initial 21 days are the most challenging when installing any new habit, it's crucial to stick with it. Think of it like a rocket launch: the first 60 seconds require a tremendous amount of energy and momentum to fight against the gravitational force of the Earth. A significant portion of the rocket's fuel is used during this time. However, once it crosses the Earth's gravity, less fuel and momentum are required to move forward.

Challenges to Adopting a New Habit: Internal and External

When we attempt to establish a new habit, we must tackle two types of challenges: **Internal and External**.

Internal challenges, it can be more difficult to overcome. These include:

- 1. Old habits:** If you've been practicing late sleeping, late rising, eating dinner very late, unhealthy eating habits, or late-night gadget use for an extended period, you've established set patterns in your brain. Your brain will initially make excuses for why you shouldn't wake up early, even providing examples of successful people who are not early risers.
- 2. Old belief system:** Your belief system, which you've held for a long time, resists new ideas and beliefs. Your mind will provide excuses for why you shouldn't wake up early, such as the risk of illness from changing your sleep schedule or the futility of waking up when everyone else is still asleep. However, it's worth remembering that many successful individuals, including famous cricketers and sportsmen, work hard in the early morning hours.

External challenges, while less difficult to overcome than internal ones, can still pose a challenge. These include:

- **Friends and family:** When you try to wake up early, your loved ones may blame you for disturbing their sleep. They may laugh at you or provide strong arguments against rising early, such as the need for eight hours of sleep, the risk of illness from lack of sleep, or simply feeling unwell all day.
- **Weather and climate:** Cold weather may make you want to stay in bed, while rainy weather may cause you to feel lazy.
- **Responsibilities:** Fixed responsibilities may encourage you to abandon your daily routine, as previously discussed. However, if you rise early, this should not be a problem.

Developing a Positive Mindset for Success

Remember that everything that seems easy to you today was once a challenge. The greatest gift you have is the ability to form new habits and develop your willpower. There are two types of minds within us: the monkey mind and the growth mind. While the monkey mind jumps between different activities and avoids taking risks, the growth mind is always pushing for progress and self-improvement. To achieve greatness, it's important to listen to your growth mind and feed it with positive affirmations.

To develop new habits, you need to have discipline, willpower, and training. Successful people in business, sports, and leadership understand that initially, it takes a lot of effort to install a new habit. For instance, it may take 21 days of consistent practice to rise early, but after 90 days, it will become automated. At this point, you won't need an alarm clock or external motivation to wake up early.

Moreover, your willpower, which was required initially to develop the habit, frees up to install another new habit.

Therefore, it's important to focus on developing a growth mindset and cultivate the discipline required to form new habits. With time and patience, you can achieve anything you set your mind to.

Breaking Free from Mediocrity and Embracing Success

Many people are content with mediocrity because they search for the easy way out – the path of least resistance. However, true success lies in pursuing the right path, regardless of its level of difficulty. Successful people fight their inner demons and weaknesses and persevere, building a strong foundation for 21 days and then continuing for 90 days until the new habit becomes automatic. After this consistent effort, new neural pathways are formed in the brain and the old habits are replaced. As the Zen saying goes, "the old you must die to give birth to the new you."

I encourage you to stay the course and keep going. It's like renovating a house – it may seem messy and uncomfortable at first, but the end result is beautiful. By developing a new habit of waking up early and following the successful rituals of others, you'll experience improved health, enthusiasm, peace, success, productivity, and clarity of beliefs. Remember, knowledge is power, so the more you know, the more you'll grow.

"Know More to Grow More":

The Importance of Deep Understanding

Keep in mind that the less you know, the more unstable you may feel. As you gain knowledge, you'll become more confident and secure. So, if you're trying to establish new habits, make sure you have a deep understanding of them. This will help you achieve long-term success.

Forming New Habits in Three Simple Steps

1. Identify what's right and what's wrong, and what you need the most. This requires awareness of your current situation.
2. Choose to take the right step forward.
3. Keep going, even when it gets tough.

At the beginning of the process, it's important to surround yourself with positive influences and stay motivated. Remember that the outside world is a reflection of your inner world, so if you struggle with low self-esteem, waking up early will be a difficult task. To overcome this, work on your internal story, increase your awareness, and monitor the quality of your thoughts.

Understanding the Root Cause of Procrastination

Delaying important tasks is a common problem that many people face. We all want to be successful and follow a powerful routine, like waking up early, but often find ourselves making excuses and pushing things off to a later time. In my opinion, two main factors contribute to procrastination:

- **Lack of Clarity:** When we lack a clear understanding of what we truly want, it becomes easy to procrastinate. We need to set clear goals, understand our motivations, and identify the steps we need to take to achieve our dreams. Without clarity, we tend to put things off and delay our progress.
- **Lack of Plans:** Without a well-defined plan, it's easy to get lost in the process and delay taking action. We need to create a specific plan of action for achieving our desired results.

To overcome procrastination, we need to stop blaming external factors and take responsibility for our own lives. Nobody can change our lives for us; we have to make the decision to change ourselves.

Start by writing down the things for which you want to be responsible:

- Making good relations with my family members and all my loved ones
- Excelling in my career
- Fulfilling my dreams and the dreams of my family
- Ensuring a better future for my kids
- Becoming a great and powerful leader
- Being an inspiration for others
- Changing myself for the better
- Building good habits, etc.

By taking responsibility for our lives and creating a clear plan, we can overcome procrastination and achieve success.

Commitment to Excellence: The Key to a Fulfilling Life

The most significant secret to living a wonderful life is to commit to excellence. Make a decision to elevate your standards in every area of your life. Refuse to succumb to mediocrity, and strive to live a legendary life. This decision will help you create new habits that reinforce your commitment to excellence. You require some upward forces to help you rise above difficult circumstances when gravity pulls you down. In my opinion, your dream, goal, and vision are the most potent forces that shape your decisions and choices. They motivate you to persevere and never give up. Establish strong "pulling" forces that motivate you to pursue excellence and overcome obstacles.

Setting Intentions for Change: Structuring Your Dreams.

Create Strong Motivational Forces to Propel You Towards Excellence and Overcoming Obstacles.

If you want to become a morning person and establish a productive morning routine, it all starts with setting your intention. Define your goals and give them structure and direction so that they can motivate you to rise early and follow through with your new habit. This will help you overcome the pull of gravity and other forces that may hinder you from achieving your goals.

Here's a simple guide to help you get started:

- Write down your goals for the next 2 years, 5 years, 10 years, and your lifetime.
- Identify three dream holiday destinations.
- Imagine your dream car and dream house.
- Determine your ideal monthly income and dream position.
- Consider the most important people in your life and what you want to do for them.
- After 5 years, envision what you want your life to look like and why.
- Imagine how you would feel if all your wishes came true, and how you would feel if you couldn't achieve them.
- Identify the sacrifices you're willing to make to achieve your dreams.
- Determine the price you're willing to pay to create the life you want.

Remember, every dream is worth pursuing, no matter how big or small it may seem. Believe in yourself and your abilities to make them a reality.

I wish you all the best in establishing new habits and following the routines of successful individuals. You deserve to live a more beautiful life, and I believe you can achieve it.

Enchanted rituals of the eve:

Preparing oneself for the dawning of a new day

Evening Rituals to Help You Wake Up Early

Getting up early can be a challenge, but with the right evening routine, it can be a breeze. Here are some tips to help you establish a successful routine:

CLARITY

Start by getting a clear picture of what you exactly want to achieve by installing this new habit . Write down your dreams and goals on a chart paper and post it on the wall of your bedroom, kitchen, bathroom, or anywhere you can see it often. Surround yourself with your vision and goals to gain clarity on why you want to wake up early and follow the CARR rituals.

DECISION

Making a decision is crucial to achieving any goal. To wake up early and establish a new habit, you need to take four types of decisions:

- a. **Physical Decision:** In the initial days of waking up early, your body may feel uncomfortable and drowsy. You need to take control and push yourself to get out of bed.
- b. **Mental Decision:** Your mind may give you excuses, but you have to train it to follow your instructions.
- c. **Emotional Decision:** You may feel depressed or pity about the change, but you have to push yourself to keep going.
- d. **Spiritual Decision:** Sometimes, your conscience may question if what you are doing is meaningful or purposeful. Remember that you are here to set an example for others and be a role model. Keep your vision in mind and keep going.

Establishing a Reward and Punishment System for Waking Up Early

Decide some rewards for waking up early and punishment for waking up late to stay on track? give Here are some ideas to get you started:

Punishment ideas*

- Skip a meal for the day
- Stay away from gadgets for a couple of hours
- Sleep on a mat instead of your bed for the night
- Keep silent for an hour

Rewards ideas*

- Congratulate yourself in the mirror
- Eat your favorite dish
- Give yourself extra time to play your favorite sport
- Listen to your favorite song

By implementing this system, you'll stay disciplined and motivated to wake up early.

keep in mind problem will come while installing a new habit

problem and challenges follows you if you try to run from them , but when you stop and look at that problem disappears like once Swami Vivekananda has said that if you run from a dog the dog will follow you but if you stop and look back in the eyes of that dog the dog will move back so don't run from the challenges face the challenges gracefully because in the adverse situation leaders are created

Your responses are important- you choose your responses and your choice makes your future so Don't React in any scene of your life don't be in Hurry always choose your response carefully mindfully and with complete awareness

Choose Your Response from your Growth Mindset

Choosing Between Growth and Salary: Which One Would You Choose?

Imagine having two job offers. One job offers a salary of 15000 per month with the potential for growth and learning opportunities. The other job offers a salary of 45000 per month but no chances of growth or learning. Which job would you choose? Most people would choose the job with the higher salary, but I'm asking you, are you ready to choose growth? Are you willing to face challenges and make decisions based on your growth mindset instead of your survival or monkey mindset?

The old saying of the Spartans is "if you sweat more in training than you will bleed less in war." Remember, building a new habit takes time and effort, but it can change your life. Here are some important points to keep in mind:

- Productive habits are not innate.
- Self-discipline and consistent practice are required to form new habits.
- Self-discipline is a muscle that can be developed by anyone with strong willpower.
- Just like other muscles, self-discipline can become weak when tired, so make sure to take enough rest.
- If you succeed in forming a new habit through self-discipline, your self-discipline muscle will become stronger, which will enable you to achieve greater things.

The biggest benefit of forming a new habit is that once you develop a new habit using your self-discipline, willpower, and mind power, your mind's capacity will increase, which will help you in your future endeavors.

However, during the process of creating a new habit, there may come a time when you feel like things are getting worse and keeping pace is becoming more difficult. In such a situation, put pressure on yourself, gather your energy, and keep going. Don't give up, and you'll see the leader inside you rise.

Evening Rituals for Early Risers

Getting up early can be a challenge, but these evening habits can help make it easier.

- Practice positive self-talk before bed. Remind yourself that you are capable, strong, and can lead by example. This will help you sleep better and wake up before the alarm.
- Eat at least two hours before bedtime to ensure proper digestion.
- Avoid electronics, including TV and mobile phones, for at least 1.5 hours before sleeping.
- Journaling is a great way to reflect on your day. Take 15 minutes to write about what you learned, your experiences, what you did well, what you could improve on, and what you plan to do tomorrow.
- Spend 5-10 minutes visualizing your day to help with introspection and learning from your experiences.
- Brush your teeth before bed to maintain good hygiene.
- Set your clock 30 minutes ahead and then set your alarm for 5:30 am, but actually wake up at 5:00 am. This tricks your mind and makes waking up easier.
- Meditate before bed to relax your mind and relieve stress.
- Have a meaningful conversation with your loved ones before bed.
- Take a relaxing bath if possible if not than Soak your feet in warm water, adding Epsom salt
- Ensure your bedroom is cool and dark, and avoid technology. Consider using a traditional table clock for the alarm.
- Take a moment to pray or express gratitude. Give thanks for the good things in your life and the challenges that allow you to grow as a leader.
- Aim to sleep before 10 pm for a full night's rest.

A Letter of Appreciation and Guidance

Greetings, my friends! Thank you for completing this book . I want to remind you that you are not of this world – you are exceptional, and you are a leader. Your purpose is to inspire and serve humanity, to lead by example, and to live a meaningful life. True leadership demands persistence and determination. Always complete what you start, and never give up.

It's easy to forget your purpose and settle for mediocrity in life. But you are destined for greatness and meant to make a difference. As a leader, you possess the power to motivate others and have a positive impact on the world.

To be an influential leader, you must cultivate discipline and perseverance. Do not give up on your goals and always see them through to the end. One approach to help you achieve this is to follow the 21/90 rule. Commit to a new habit for 21 consecutive days to establish a foundation, and it will become part of your personality when you follow it for 90 days.

A strong morning routine is also essential to becoming a successful leader. The C.A.R.E. formula, which stands for “Connect, Act ,Record Journals and Educate Yourself” can assist you in establishing a routine that sets you up for success every day.

This is only the beginning of your journey. With commitment and hard work, you can accomplish great things and lead a fulfilling life. Go out into the world and make a difference – your leadership is needed.

Best wishes,
Sachin Agrawal.

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