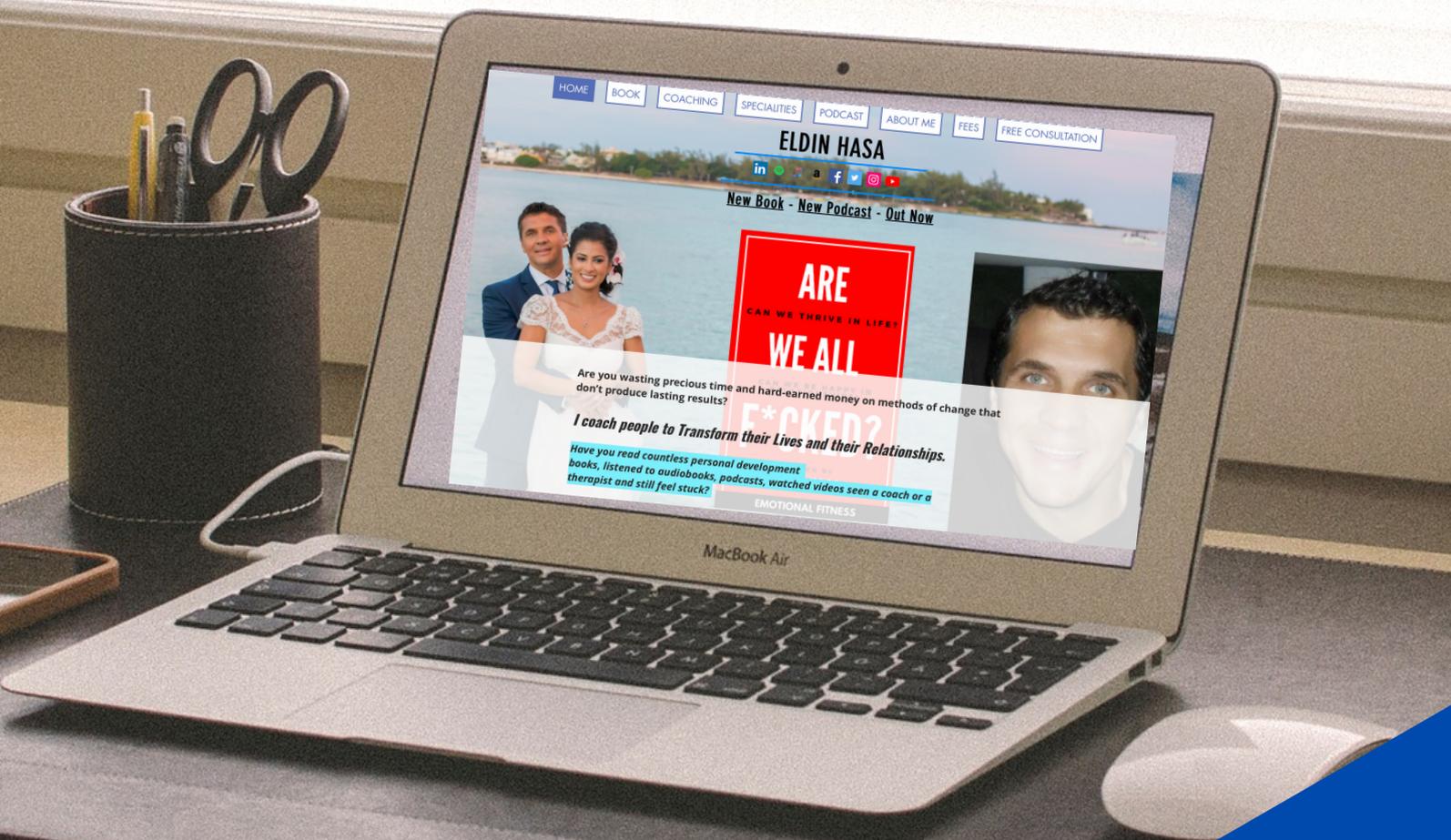


**KICKSTART YOUR  
DAY DURING LOCKDOWN**

**THE RIGHT WAY!**



**THE KEY  
TO WORKING  
PRODUCTIVELY**

**ELDINHASA.COM**

# 30 DAY CHALLENGE MIRACLE MORNING ROUTINE



## WAKE UP EARLY

An hour before your normal waking up time.

Many top leaders wakeup between 4:30 am & 5:30 am including weekends



## MEDITATION

Reflection, deep breathing  
Mindfulness  
20 min

I DO AN HOUR EVERY MORNING



## AFFIRMATIONS

develop and repeat your positive affirmations, 10 min

Recite these (or similar) I am bold and confident. I am sure of myself. I am outgoing and charismatic. I am assertive and strong. I am smart, generous and good at my job. I am a great provider for my family. I am the creator of my life.



## VISUALISATION

a moment to visualise your goals and positive outcomes in your life  
10 min



## EXERCISE

Benefit mentally and physically from exercise with a brief workout, 20 sit-ups and 20 press-ups or 20 Burpees & 20 Sit-ups



## READING

Leaders are readers  
Read few pages from your favourite self-help book, audiobook or positive motivational video watching



## JOURNAL IT

Journal your thoughts, ideas and visions or any questions you have



## GRATITUDE

Write 10 things you are grateful for in your Journal

**Repeat every morning and your life will improve exponentially**

# GUIDE TO WORKING FROM HOME

## SET YOUR SPACE

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



## TAKE NOTES

Stuck in a webinar zoning out? Note-taking keeps your mind engaged.

## PLAN YOUR DAY

If you have one, follow the schedule or create one.

If you just have a list of things to do, break it down into tasks and plan to do the hardest ones when you have the most energy. Mornings are the best. Have 2 hours of power when you are most productive without distractions.

## LESSEN DISTRACTIONS

Harness your imagination and picture that you're at work and not at home.

Lock your phone away if you need to - don't be afraid to ask for help from accountability partner.

## CHANGE IT UP

You probably have a schedule for your work, but if things are becoming difficult to focus on, take a 5-min break and come back to it



## TAKE BREAKS

Get up once in a while. Have a 10 min break every hour. have a healthy snack.

## SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Ask someone for help. Reach out to Mentor or a Coach.



## JOURNAL IT

Use a journal to track your progress or any questions you might want to ask about the work or challenges you are facing