

JEFFERSON SANTOS

HIGHER *life* DESIGN

“BEST MORNING EVER”
ROUTINE

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START YOUR DAY THE *HIGHER LIFE* WAY

Whether you know it or not, the entire outcome of your DAY is being defined by your morning rituals.

Every single person on earth has morning rituals, but very few have one that is pushing them closer towards success.

Think of your mind as a large naval ship. If there is no captain to guide it and steer it to the intended destination, it will surely end up on some deserted island. In the same way, if we let our minds think how it wants to think, and focus on the things it wants to focus on, we're doomed to begin with!

This short guide will show you the keys to my morning rituals so you can craft your own around it.



Note

You don't have to implement my morning routine exactly how I do it. This is just what works for ME. Find what works for YOU and stick with it!

This is just a framework that you can follow so YOU can set yourself up for success each morning. So, are YOU ready?!

I'll admit this to you, starting a new daily habit is flat out HARD WORK. Getting up and doing something different than what you're used to isn't going to be a piece of cake, but it WILL be worth it. Og Mandino said that it is one of nature's laws that only a habit can subdue another habit.

So follow these principles so you can start the habit of starting your day off RIGHT!

MY MORNING SUCCESS ROUTINE

1

STEP

I typically am an early riser. I like to wake up between 6:00-6:15am. This gives me a full hour and a half before my wife and kids get up. This allows me to take advantage of a quiet house and get some productive “me” time.



2

STEP

Right when I wake up, I pray before I even get out of bed to get in positive alignment spiritually.

Researchers at Harvard Medical School discovered that prayer stimulates "the relaxation response" in the body. At such times, the body's metabolism decreases, the heart rate slows, blood pressure goes down, and our breath becomes calmer and regular. So instead of starting your day with anxiety, start it with relaxation!



If you don't have any faith-based convictions, just meditate in silence or chant your favorite mantra for a few minutes.

3

STEP

As I'm getting out of bed, I begin to intentionally direct my mind to be thankful for all that I have. One of the keys to happiness is operating from a place gratitude.



4

STEP

I then go and drink at least 8-10 ounces of water to get my body hydrated. I love to add “super greens” powder to my water, it’s great natural energy source. (Amazing Grass has a great product) If you really want a boost, add Vega Sport sugar-free pre-work powder to the water and super green mix. (This blows coffee away and is way more healthier)



Our bodies are made up of more than 60% water....so staying hydrated is extremely important! When we’re dehydrated, our bodies WILL punish us.

Dehydration causes increased headaches, dizziness, a general feeling of weakness, problems with focusing, and many other negative effects.

On the flip side, staying hydrated keeps you sharp, healthy, and gets your body running on all cylinders.

5

STEP

After I drink my water, I then get my body moving physically. I’ll either jump on the treadmill or go for a walk while listening to personal development for about 30 mins.

This once again fine tunes my “Body/Mind” connection and leaves me feeling great!



6

STEP

Read, review, and think about my quarterly/yearly goals that I have written out on index cards. (Or pictures of my index cards on my smart phone)

The reason I do this is to make sure my goals are on the forefront of my mind. So many people “let life get in the way” and they never circle around to doing the things that actually MATTER to achieve their goals.



But when your mind is focused on your goals, you'll always be in a state of awareness on the activities that need to take you there!

7

STEP

Family then starts to wake up at about 8:00 am or so. And by the time they get up, I am already at my peak state mentally and physically so I am the best husband and father I can be. (Note: If your family wakes up earlier, then you might have to wake up earlier)

Then I'll enjoy a nice breakfast with my family (which is always one of my favorite parts of the day!)



And after all of that, I'll go do an actual workout. I don't count my morning “walk” as my workout. I go to the gym and get in a workout that gets my blood

THINGS I'M **NOT** DOING

- ...I do NOT get up and check my phone right away
- ...I do NOT check my email or facebook until later in the day (how many times has a couple of minutes on Facebook or in email turned into an HOURS?)
- ...I do NOT put myself in “reactive” mode. I'm proactive about everything around me.

YOUR TURN

Use the space below to write out your NEW morning ritual.
Here is the key, don't try to do it all at once!

As the famous author and soldier, Creighton Abrams says:
"The best way to eat an Elephant is one bite at a time". Even
if you only incorporate 1 new principle into your daily routine
per week or even month, your productivity will soar through
the roof!



"My new morning ritual is....."

1. _____
2. _____
3. _____
4. _____
5. _____

ABOUT JEFFERSON SANTOS

Jefferson Santos grew up in the Richardson, Texas, attended Texas Christian University and played football at the Naval Academy. Jefferson is like many home based business owners who just decided one day that he wanted to be in charge of his own career.

However, at age twenty he was \$1,100 negative in his banks account, \$70,000 in debt and decided he was in need of a change. Through guidance, self improvement and commitment he turned his dream into a reality.

Jefferson is now a multi-million dollar earner and has a sales team of over 150,000 people in 30 countries and it continues to grow everyday. He has taken over 75 vacations in the last 48 months with his wife and he wants to help others experience this amazing lifestyle!

Can you imagine what it would be like to have the freedom to travel just about anywhere in the world and make money at the same time? Your success as a home based business owner is just ONE decision away.



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