

THE MORNING ROUTINE



**Boost Productivity, Motivation,
Energy and Stop Procrastinating
with the Best Daily Routines**

A D A M R O C K M A N

**The Morning Routine:
Boost Productivity, Motivation, Energy and Stop
Procrastinating with the Best Daily Routines.**

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Master your routines and you master your life.

Introduction.

Thank you for purchasing this book!

As a surprise bonus I'm giving you another book completely free!

How to Overcome Fear focuses on the 8 Essential Steps to overcoming any fear.



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How you start your day determines the entire day.

How you spend your days determines your life.

If you start your day by wasting time online or on stupid apps on your phone, how will you have the willpower to resist wasting time on those things throughout the day?

People who start their days like lazy slob live like lazy slob. Their daily habits prevent success.

Extreme cases are obvious. But even if you have a moderate amount of success in your life you might not realize how inefficient your morning and daily routines actually are.

You should especially fix your morning routines if you have trouble getting to sleep at night and waking up in the morning.

Developing a healthy sleep schedule can literally change your life.

Do coworkers and loved ones ever remind you, **“You look tired.”?**

Do you go home drained of energy only to repeat the same exhaustion the following day no matter how long you sleep?

How does it feel to have no time for the things you care about?

Having a poor sleep schedule seriously messes up your life and kills your dreams.

Changing habits can be challenging, but it gives you the power to spend time doing what you want all day.

I have more time to read, go to the gym, learn new skills and spend time with people I care about because I decided to develop habits that give me the life I want.

I failed many times to change poor sleeping habits. Sometimes I would successfully wake up early for a few consecutive days only to have my energy drained by other habits and then fall back into sleeping at inconsistent times and feeling tired all day. If you feel tired all the time you probably don't even realize how some of your habits are depleting your energy.

I realized I was sleeping my life away one day at a time.

I realized this condition was preventing me from living the life I deserve.

I became obsessed with finding a solution.

I read in some places that exercising a lot will exhaust your system and your body will rest more easily. So I started going to the gym 4 or 5 days a week. I was gaining muscle, eating well and in my opinion very healthy, but still, after several months I still slept 10 hours a night or longer. I still felt tired all day, and honestly I was pissed off that this seemingly didn't help at all.

I stopped drinking coffee and other sources of caffeine. Eventually it did become easier to fall asleep, but I would still sleep long hours and couldn't get myself to commit to a stable sleeping schedule.

I became committed to changing my life. That's exactly what I did. It

took time, commitment, and a combination of things presented in this book.

This book won't only cover how to develop efficient morning routines for yourself. It will help develop healthy daily routines that give you more energy, productivity, and the motivation to avoid procrastination.

I spoke to people in depth on how they maintain positive habits, and found the same psychological and physical processes keep people stuck in energy draining habits.

Some things didn't work at all for me. But I constantly tried new ideas to consistently wake up early in the morning and work hard on the things I care about.

I quickly eliminated many concepts and techniques that had no effect on me. But some ideas and techniques of psychology, biology, and certain meditations I found profound effects on my energy and ability to maintain consistent routines.

One by one I overcame bad habits that robbed me of vitality and enthusiasm. I built and reinforced new habits that eventually became unconscious and natural.

I now usually wake up refreshed and ready to tackle the challenges of the day. I have more time for my passions because I have more energy my life has completely changed as a result and I hope yours will too.

Being tired all the time, stressed up, and lacking motivation for life could mean you need more discipline and better habits in your life.

For people who suffer from fatigue and lethargy, want more energy and want to wake up well rested every day then the content of this book will help you as long as you put in the effort.

I have found that for many people chronic fatigue has a causal relationship with negative thinking, bad habits and stress.

Why is it that those suffering from depression often can't find the energy to get out of bed each day? Why do people with severe social anxieties often have no motivation to engage with the world?

I doubt most people with a completely stress free life, who only thinks positive thoughts, eat and sleep at consistent times of the day and are living

the life they want would have problems with their energy and motivation.

I find that what you think about yourself and how you live your life directly correlates to your energy levels.

Unlimited energy:

“Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.”

- **Einstein**

Physicists have established that all matter is essentially energy. Therefore our entire bodies are actually made of energy. We are much more than the physical forms we perceive. If you observe the composition of an atom under a powerful microscope you would see quarks and photons that make up its structure. As you focused in closer and closer you would observe nothing but an empty void. Atoms have no physical structure at all. Therefore we have no physical structure and are made up of the pure invisible energy of atoms.

Now, perhaps we are confusing two different definitions of energy. One is the actual material composition of the universe, while the other is just physical energy that we can feel. But for the sake of an interesting question, let's throw logic out the window for a moment.

If everything is energy, then why don't we constantly have access to this unlimited energy we are supposedly made of?

When you observe reality, you are not seeing or hearing the world as it is. You are actually seeing the construction of reality your brain provides to help you survive. We don't see reality as it really is because the demands of our survival don't require us to. We don't naturally have access to unlimited energy because it's not required for our survival and in fact the consequences could be deadly.

As a thought experiment, imagine what you would do if you suddenly had access to **unlimited** energy and combine that with a feeling of 100% fearlessness.

Some people might be imagining themselves as suddenly having the energy of a trained athlete who goes to the gym and trains in his sport for several hours a day and then still has enough energy left over to practice guitar, cook dinner, and make love to his wife all in a single day.

A healthy person who works on his physical and psychological health can

definitely achieve a high level of energy under good conditions.

But the truth is the amount of biological energy our brain is capable of producing is so intense that it is too dangerous to maintain.

You may know that during periods of depression, people feel completely lethargic. They may lack the ability to even get out of bed. People suffering from anxiety, even minor anxiety often feel a severe lack of energy. This state is so debilitating that as you know some people consider activating their biological self-destruct button and ending it all.

So what is the opposite of depression?

Most people would answer happiness. But they would be wrong.

Completely wrong.

The general happiness you are likely imagining is only in the middle actually.

The opposite state of depression, which you may not be familiar with, is called mania. In this state a person feels such extreme levels of positivity and energy that they feel invincible and fearless. Most people in mania are unable to sleep at night because of the immense energy they feel, racing thoughts, and also the inhibition of certain processes in the brain that are required to put us to sleep. Even after only 2 hours of sleep, or even no sleep at all for several days they will wake up full of energy and their mind constantly drifts as each thought distracts them into new activity.

This is of course a generalization of what happens in this very complex and misunderstood state. Everyone is different, but often people experience symptoms like those just described.

The energy triggers reactions everywhere in their body and mind. Relaxation becomes nearly impossible and the mind becomes less and less capable of correctly interpreting reality as it slowly slips into psychosis.

This level of energy can be quite dangerous and detrimental to your health. In addition, as people struggle to figure out the reason for this level of energy they have unlocked, they often jump to the irrational conclusion that they are some sort of deity. This conclusion is not some random delusion. It is a rational (in the moment), though unsubstantiated result of a level of energy most people never feel at all. If you have not experienced this state before, it is a level of energy so unfathomable that it is difficult to describe in words so

that you can understand.

Imagine the effect of drinking a dozen strong coffees and a few red bulls in a single day and multiply that by 100 and you still will not come close to the dangerous levels of energy some people experience in mania. (And by the way, never drink that much caffeine as it can literally kill you.)

Our bodies don't need that much energy to survive. Various parts of the brain and hormones work together in a complicated choreography that keeps our energy at levels which provide us with an appropriate amount of energy for a given situation. The body's natural inclination is to limit the amount of energy available.

The potential for unlimited energy is there, but if you unlocked it, you would probably regret the results. So various parts of the brain, hormones, and even our habits are designed to regulate the amount of energy available to us.

You have access to unlimited energy but more realistically you should assess exactly how much energy you need to live the life you want and make that your goal.

This book is meant to give you an understanding of how your lifestyle and habits may be limiting your energy and potential.

When you know how much energy you want for your life. It will help you formulate your ideal morning routine.

If you start thinking, *"Of course I want to sleep less and have more energy every day! But I'm not willing to give up sugary foods, stop criticizing myself and others, or make any serious changes,"* then you're not going to get the results you think you want. It's just like that cliché you can't have your cake and eat it too.

You need to make a decision about what is important to you, and sacrifice poor lifestyle choices that will give you the gains you should be valuing higher.

This book does provide an outline for effective morning and daily routines.

However that isn't enough to completely change your life. If you try to build productive habits while still maintaining your destructive habits then you are going to have a bad time and will probably give up.

If you try to wake up early every morning it doesn't help if you eat high

sugar low quality foods every day.

I won't write out a specific diet to best go with your ideal morning routines. However I will later suggest the best foods for increasing your energy and the foods you should avoid.

Imagine how your life will be in 5 years if you don't make changes that give you the vitality you want. How are things at work? How are your relationships with friends and family? How many things have you crossed off your bucket list?

Now image 10 years from now you still haven't made any changes and still sleep until almost noon every day. How old are you? Look in the mirror, what do you look like? How do you feel?

Now imagine 30 years in the future, what have you accomplished in your life? What opportunities have you missed because you didn't make a commitment to change your life?

Now imagine observing your funeral. What are people saying about you and your life?

After taking some time to contemplate these scenarios seriously, you can start to think about how your life will be better after you commit to changing your life and not sleeping all day and feeling exhausted no matter how long you sleep. How has your life improved in 5 years? In 10 years? In 30 years? What do people say about you? How have your relationships improved?

I hope that's enough to convince you to break out of your unconscious behavior, I know it can be a challenge, but it's achievable.

Eat for Productivity

If you want to feel positive, alert, and motivated and avoid anxiety and poor concentration the easiest place to start is your diet.

This section is to help you consider how your eating habits may be interfering with your productivity habits.

You might want to wake up early every morning and start building your next business, but you can't get out of bed because the foods you eat mess up your health and metabolism.

Proper diet promotes optimal brain health, keeps you mentally sharp, and prevents diseases of the mind.

In his book, *Boost Your Brain*, Medical doctor Majid Fotuhi references research that healthy diet and exercise not only maintain the adult aging brain, but also enhance it and make it grow.

Unhealthy diet and lifestyle is a leading contributor to diseases such as dementia in old age. Your brain can keep functioning optimally as long as you provide it with optimal fuel and stimulation.

If you are addicted to doughnuts, sugary drinks and other unhealthy foods, we will discuss tools for obliterating your bad habits and building new ones in a later chapter. For now, let's discuss the essentials of an energy rich diet.

Also, we aren't suggesting completely eliminating junk foods from your diet, you can reasonably have a doughnut or slice of cake once in a while. Moderation is key. However too much processed, sugary foods aren't worth the 3 seconds of sweet flavor you get in your mouth. You might just be addicted to that sensation.

Optimal energy is difficult in an unhealthy body and brain. So to optimize energy, we should be concerned with the health of our brain.

Neurons are tiny nerve cells in your brain that send and receive chemical messages. They are also responsible for regulating our moods, and influence our behavior based on the chemical messages sent between them via threadlike branches known as dendrites.

For successful transmission of these messages, a neuron produces a neurotransmitter, which is sent across a synapse and attaches to a receptor

site on the receiving neuron. This activates the receptor, allowing the chemical message to travel along the neuron until it reaches another synapse, creating the release of another neurotransmitter.

We should do what it takes to ensure neurotransmitters are able to travel along neurons to deliver their messages, travel across synapses, and can attach to and activate necessary receptors on the neuron's membranes. It is equally important that these neurotransmitters are removed after they have completed their task.

Roles of our Neurotransmitters:

There are hundreds of neurotransmitters with a variety of essential functions. The following are some important ones that are largely responsible for our emotions, thoughts, and energy.

Dopamine, adrenalin and noradrenalin: These keep us feeling positive, energized, and motivated. Dopamine plays a major role in reward-motivated behavior. Every time you do something you find enjoyable such as eat some cake, work out, play an addicting game, you're getting a hit of dopamine.

Adrenaline plays a major role in threatening or stressful situations. You might have heard it referenced in discussions on the fight or flight response.

Serotonin: Is important for sleep and memory, and is thought to be a contributor to feelings of wellbeing and happiness.

Gamma-aminobutyric Acid (GABA): This transmitter reduces anxiety, and excitability.

Taurine: This helps promote GABA and thus contributes to calm states.

Glutamate: Stimulation and can lead to over excitation

Acetylcholine: Memory and awareness

Endorphins: These relieve pain and bring more euphoric states

The building blocks required to form neurotransmitters are amino acids. Different amino acids are required for the production of different amino acids. To ensure you have the essential neurotransmitters of a healthy brain, be sure to eat foods that provide the necessary amino acids.

By consciously choosing to eat foods that provide your brain with optimum health you can significantly enhances your daily energy.

Most people usually eat the same foods all the time. It's convenient to build habits.

Maybe you are used to having cereal in the morning for breakfast. Maybe you are used to snacking on a few cookies or a bag of chips with lunch a few times a week.

I won't suggest you work on completely redesigning your diet unless you feel what you eat has been destroying your health and attitude.

However if you care about the level of energy you feel each day as well as the health of your brain, then you should be willing to eat a healthier diet that allows your body to produce the neurotransmitters chemically responsible for health and wellbeing.

Pay attention to what you eat.

A good suggestion would be to write down what you eat each day, and next to these notes also record your mood and energy levels.

You will likely realize some connections between these things. I used to relieve stress with some unhealthy snacks late at night, but I eventually realized that when I did this it often contributed to me not sleeping well and also sleeping very late.

If what you eat is just an unconscious habit then you will be unaware of how much this part of your life actually affects your mood and energy.

If you do decide to take responsibility for what you consume and change a few of your habits, please also keep note of how satisfied you are with your daily consumption choices.

Encourage yourself to eat healthy and reward yourself occasionally with some food you love that you know you shouldn't overindulge in.

When you reward yourself, before to make a conscious decision about what that reward is for. It can motivate you to develop other healthy habits like exercise or completing some other ambition of yours.

The following shows how too little or too much of each of these neurotransmitters leads to different imbalances in your brain chemistry. Alongside each transmitter is its main amino acid building block. I've also included some foods that provide each of these amino acids, so please pay attention and take note if you are experiencing any of the symptoms listed

here.

Adrenaline and noradrenaline

Amino acid: Phenylalanine Tyrosine

Found in:

soybeans, cheese, nuts, seeds, beef, lamb, chicken, pork, fish, eggs, dairy, beans, and whole grains

Symptoms of imbalance:

LOW LEVELS:

Poor concentration, Poor cognition

HIGH LEVELS:

Cardiovascular issues, Panic attacks, Palpitations

Dopamine

Amino Acid: Phenylalanine Tyrosine

Manufacture of dopamine requires Vitamin B3, B6, B12, C, copper, Folic acid, Magnesium and Zinc

Symptoms of imbalance:

LOW LEVELS:

Fatigue, Depression, Low enthusiasm, Poor memory, Low Motivation, Low libido

HIGH LEVELS:

Psychosis

GABA

Amino Acid: Taurine Glutamine

Glutamine is naturally produced by the body's cellular processes. Though supplements are available and are proven useful for athletes in building

muscle and recovering from training.

Taurine Supplements can also help with muscle fatigue, and relax the heart.

Symptoms of imbalance:

LOW LEVELS:

Social anxiety, Stress, Difficulty relaxing, Sleep problems, irrational fears and anxieties

Glutamate

Amino Acid: Glutamate

Found in most foods. Especially higher levels in Roquefort cheese, parmesan cheese, soy sauce, Tomatoes and tomato juice, grape juice, peas, mushrooms and broccoli

Symptoms of imbalance:

HIGH LEVELS:

Headaches, Aggression, Negativity, Neuro-degenerative diseases

Serotonin

Amino Acid: Tryptophan

Found in: Seeds, nuts, soy beans, parmesan, cheddar and mozzarella cheese, lamb, beef, pork, chicken, turkey, halibut, salmon, trout, snapper, pumpkin seeds. Nutrients needed for manufacture of serotonin are Vitamins B3, B6, folic acid, and zinc

Symptoms if imbalance:

LOW LEVELS:

Depression, Insomnia, Low self-esteem, Irritability, Chronic pain

HIGH LEVELS:

Confusion, Blood pressure changes, Tachycardia

Acetylcholine

Amino acid: Choline DMAE

Found in: anchovies, sardines, salmon, herring, egg yolk, and organ meats.
Nutrients needed for manufacture of acetylcholine are B5, B1, B12, C, and acetyl L carnitine.

LOW LEVELS:

Poor memory, Slow thinking, Difficulty articulating thoughts

As you can see, having too little and in some cases too much of these amino acids is devastating to your mental and physical health and can lead to fatigue and negative emotions.

To help you convert these amino acids into neurotransmitters there are a variety of key vitamins and minerals that aid in this process.

The brain cell membranes are vulnerable to damage and oxidation. Protecting your brain requires a good supply of antioxidants. Essential antioxidants can be found in a variety of fruits and vegetables and also **Vitamins A, C, and E.**

Foods rich in antioxidants:

- **Anthocyanins:** berries, grapes
- **Beta carotene:** apricots, carrots, spinach, pumpkin,
- **Copper:** seafood, lean meat, milk, nuts,
- **Cryptoxanthins:** red peppers, pumpkin, mangoes
- **Flavonoids:** green tea, red wine, citrus fruits, onion,
- **Indoles:** broccoli, cabbage, cauliflower
- **Lignans:** sesame seeds,
- **Lutein:** Corn, spinach
- **Lycopene:** pink grapefruit, watermelon, tomato
- **Manganese:** Seafood, lean meat, milk, nuts
- **Polyphenols:** Thyme, oregano
- **Selenium:** Seafood, lean meat, whole grains

Please don't just briefly skim over the foods listed in this section.

These are the ingredients to a more energetic lifestyle.

There are of course many other foods that are excellent sources of the nutrients you need to be healthy and energetic.

You are welcome to do your own research and make appropriate investments in your health.

For our purposes here I just want to show you how significant the food choices you make actually are.

Be sure you are eating plenty of fresh foods that provide antioxidants and amino acids as these are essential to your brain's ability to produce the neurotransmitters responsible for positivity and energy.

People with a lot of stress or anxiety often suffer from deficiencies in several neurotransmitters as a result of spending resources on the production of stress hormones. We will talk about stress more later.

For now, be aware that what you eat provides nutrients for the production of stress hormones and neurotransmitters that help you deal with events and situations that annoy, anger and stimulate you. An ample supply of these nutrients ensures your body is capable of producing the necessary elements for dealing with the stresses of life whether those stresses are real or imaginary.

Protein is essential. So include in your diet plenty of seeds, nuts, fish, eggs, dairy, and other meats. These foods are also high in tyrosine which is essential in producing adrenaline and noradrenalin.

Vitamins B3, B5, B6 are found in chicken, fish, turkey, blue cheese, corn, eggs, lobster, peanuts, peas, sunflower seeds, avocados, bananas, carrots, lentils, rice, salmon, trout and seafood. B Vitamins are essential for many processes that keep the body running smoothly. It might be good to take supplement, though also be sure you are getting plenty of healthy foods that contain essential B Complex vitamins. Foods with vitamins B and C should be eaten daily as they are quickly flushed out of your system.

Zinc is also essential for maintaining mood and energy. Low zinc has also been associated with depression.

Also avoid foods full of sugar, alcohol, caffeine, and refined carbohydrates as they interfere with the body's ability to absorb essential nutrients. Although coffee does have some health benefits it's best to avoid it especially when under stress.

Drinking tea in moderation is thought beneficial as it also has Theanine

which is thought to have a calming effect that counteracts the effects of the caffeine.

It might be possible to produce the perfect diet plan for optimizing success with overcoming your sleeping issues and chronic fatigue.

It would include a healthy balance all the essential nutrients for you brain and the rest of the body. But it is unnecessary to be so strict. And in fact we all know most people would make up excuses for sticking with their poor food choices. They don't know that they excuses are just random verbalized justifications for the psychological cravings associated with those foods.

The best thing you can do is make a real effort to eat well, and eat at consistent times of the day. It's really that simple.

The point of this chapter is simply to illustrate just how essential your diet is to the amount of energy you feel throughout the day and how many hours you of sleep you require.

You can recognize what foods and drinks you should be avoiding and which nutrients you probably need in your diet.

It might be challenging to immediately cut yourself off from the junk foods and drinks you have gotten used to depending on for emotional comfort. So you don't need to give yourself pressure to change overnight.

Change takes time.

But make a commitment to change and you will start seeing results.

The food you eat is your fuel. I know it's pleasurable to eat a whole pie on your own, but that momentary pleasure interferes with your long term goals.

Of course it's okay to eat crap in moderation. Occasionally enjoy those junk foods you love. But compensate for it with healthy daily routines, exercise, and eating healthy foods as often as possible.

Taking care of your health is an important step in developing routines that boos your productivity and energy.

Supplements

If you really struggle with waking up at a consistent time each morning then these supplements may also be helpful as research indicates they help with regulating sleep. When used together, these can benefit you even more.

Click on the name of each of these supplements for even more information.

1. [Vitamin B12](#)

We've already mentioned vitamin B a lot already as it is essential for many processes. It is vital to the metabolizing of energy in every cell.

Our body cannot create B12 on its own, requiring it from dietary sources. The best natural sources of B12 are clams, mussels, red meat, and dairy.

Supplementing with B12 is safe as no side effects or upper dietary limit exists.

2. [Iodine](#)

The thyroid uses iodine to form hormones which regulate all other hormones.

Natural sources of iodine include seafood, sea weed, and dark leafy greens such as spinach. Iodine supplements are also available.

3. [Ginkgo Biloba](#)

Research by the Neurobiology Laboratory for Brain Aging and Mental Health in Switzerland suggests Ginkgo Biloba improves mitochondrial respiration and ATP (cellular energy) production in brain cells. This normalizes metabolic activity protecting the cells and promoting health and longevity. Ginkgo as you might know is often suggested for the elderly as it does have positive effects on short and long term memory. However it can contribute to the brain health and energy of people at any age.

4. [CoQ10](#)

Coenzyme Q10 (CoQ10) is found in every cell of the body. CoQ10 is used to produce energy for cell growth and maintenance. It also an antioxidant.

CoQ10 is naturally present in small amounts in many foods, and much higher levels in organ meats such as kidney, liver and heart, as well as beef, soy oil, sardines, mackerel, and peanuts.

Coenzymes assist enzymes to digest food and perform other body processes, and they help protect the heart. Fatigue is a common symptom of CoQ10 deficiency.

This supplement provides the highest quality materials for increasing CoQ10 levels.

5. [Acetyl L-Carnitine](#)

ALC is also necessary for energy metabolism as it helps transport fatty acids to the mitochondria of the body's cells. Supplementing with Acetyl L-

carnitine ensures the body has enough acetyl groups for energy metabolism and helps to protect the brain.

6. [Magnesium](#)

Magnesium is beneficial for a healthy heart, brain, and the function of nerve and muscle among other benefits. The best natural sources of magnesium are raw spinach, pumpkin seeds, almonds, sesame seeds, beans, and avocados. It might be good to visit a nutritionist to test for any deficiencies in any nutrients including [magnesium](#).

7. [Ginseng](#)

Ginseng help handle the body's stress response, and anxiety. A recent placebo-controlled study tested the effect of Panax ginseng on people suffering from chronic fatigue. The study found people taking the ginseng experienced a significant improvement in cognitive function and energy levels.

8. [L-Tyrosine](#)

Taken as a supplement L-tyrosine can increase dopamine production, increase noradrenalin, reduce anxiety, and bad moods created by depleted noradrenalin, and also increase energy without disturbing sleep.

It's an excellent alternative to caffeine if you want some motivation, focus, and support in transitioning to a more positive mood.

I highly recommend this supplement as I believe it has helped me maintain a more positive mood and more energy than I would otherwise have.

9. [DHA](#)

DHA is great for nervous system function, cardiovascular health, and more.

The omega-3 fatty acid docosahexaenoic acid (**DHA**) is known for its importance for healthy brain function and cardio protection. I. It has been shown to have significant effect on the health of the brain.

It is most commonly found in fish. So it is recommended to eat fish several times a week. I don't like eating fish so much so a supplement was necessary for me.

If you feel low energy all the time It could be the result of mineral deficiencies from inadequate food or stress that can cause imbalances. One or more of these supplements may help you get back to normal functioning levels of energy.

Try out these supplements and see how your energy is affected as you may only be deficient in a few minerals required to get back into balance.

Every person is different of course, but I found the most benefit from DHA, L-Tyrosene, and Ginseng.

These are just the top recommendations for supplementation. Some other suggestions are Vitamin D, a good Multivitamin, ZMA, Yohimbine, Vinpocetine, Alpha-GPC, Inositol, 5-HTP, and NADH. Most of these are supposed to be beneficial to brain and energy production.

I've heard several incidences of people taking massive amounts of multiple supplements at the same time with mixed results. Some people do it and found themselves in a state approaching mania. So obviously they had lots of energy and positivity. However when I tried taking a lot of supplements, I didn't get such great results.

You obviously can't depend on supplements to do the work for you. However I do feel they are somewhat helpful in addition to my workout routine and sleeping and eating habits.

One more obvious caveat is that everyone's body is different and you may be deficient in things that other people have plenty of. So the smart thing to do is consult your doctor and get some tests done to determine if you have any deficiencies that should be addressed before you start self-prescribing any supplements you may not actually need.

Go to sleep!

You know sleep is important.

You've occasionally read an article that mentions the importance of getting enough sleep as part of a resolution for productivity, stress, anxiety, pain, building muscle mass, and hundreds of other conditions.

Maybe you've tried to sleep well but somehow you aren't able to develop the positive sleeping habits you need.

There is a lot we know about sleep, and there are even things we don't know. Like what are dreams? Why don't we know yet? We get to imagine some silly scenarios disconnected from the rational parts of our brain and accept them as reasonable every night. Yet we don't know exactly why.

This section provides thorough plans for readjusting your sleeping schedule to get you sleeping consistently at appropriate times to maximize your energy.

This is essential.

How often do you have the intention to go to bed early, but end up staying up late and regretting it in the morning?

If it's more often than you would like then this part should really assist you in your efforts. Staying up later than you intend is a result of your habits. That's pretty simple to understand. You enjoy some task, so you keep doing it to get some perceived reward. Experiments on smokers have shown that some cigarette addicts will spend more than 2 hours flipping a switch just for a tiny hit of nicotine. So habits can take over your life if you let them. It

conveniently lets you use less energy. You get to live unconsciously. But it's like letting your car drive itself. Unless you live in the future where driverless cars are the norm, eventually you are going to crash into obstacles.

How much control do you actually have over these habits? How much control do they have over you?

How to enjoy waking up every morning

What is your reason for waking up every day?

Really think about it until you realize the correct answer. Do you wake up to go do something you actually want to do? Like go to the gym, take a martial arts class, read a book, or work on some project you are excited about. Or maybe like many unfortunate people you are just selling your time at a job you couldn't care less about and in that case why would you be excited about waking up? Wouldn't you want to go back to dream land?

This book includes many efficient tools for not being tired all the time and increasing your energy. But the truth is the best remedy is living a life you are passionate about.

Waking up early in the morning used to be impossible to me. For years I would sleep 10 or even more hours a night. It was ruining my life.

I was always late for things.

I didn't have time to do what I wanted to do like read and practice skills I'm passionate about. I didn't have time to do anything.

And worst of all, I still felt tired all day.

That's no way to live your life.

That's not living at all.

For years I struggled with this part of my life. Occasionally I would tackle this problem, but I would always wake up too tired to accomplish anything for several days and eventually go back to indulging my body's addiction to the amount of sleep I was used to.

The most common sense advice you read in books about healthy sleeping is go to bed at the same time each night, and try to expose yourself to sunlight in the morning. Also avoid bright lights and television screens within an hour before you sleep as your body produces melatonin in darkness and evening hours which helps you sleep.

I struggled with this for the longest time until I found some ways to powerfully self-discipline myself. To wake up at 7 AM every day full of energy.

This eventually became a habit. And I know many people struggle with this so I hope what has helped me can help you too.

Of course sometimes I stay up a little later past my self-prescribed sleeping time, but usually don't have trouble getting back onto my preferred schedule because I've made it a solid habit that I love having.

I don't see it as hard work or sacrifice.

I think it's much more of a sacrifice to not care about your potential and just be a victim of bad habits. You'll never see anything near your potential if you're like that. So that's why it's the real sacrifice.

Waking up early in the morning should be natural, not something to dread.

The easier answer to how to wake up early in the morning is that you have to

go to bed early, or at least earlier than you are used to, and absolutely at a consistent time. I'm guessing this is something you already know, but may not have committed to habit at this time.

You are capable of waking up early full of energy and excited to start your day. You'll need to make a few adjustments to your lifestyle. And I know how everyone can't stand change, but perhaps change is exactly what you need if you wake up at noon and feel exhausted every day. Aren't there other things you want to do in the morning besides sleep?

There are many benefits to waking up early.

Early risers:

- Get better grades at school
- Have better cognitive functioning
- Are Healthier
- More productive
- Creative
- You get better quality sleep because you have an established sleep routine

With all these benefits why not take control of your life and wake up WHEN YOU want to. A big problem is people are used to waking up when their responsibilities require them.

They think, "Oh tomorrow I have class at 10:00AM so I'll wake up at 9." And then the next day this guy says to himself, "I have class at 8:30 tomorrow so I'll wake up at 7:50 and run a little to make up for lost time."

I used to be like that. Lots of people still are. They never CHOOSE when to wake up. It's like they don't want to wake up. They just want to dream all day. But this bad habit destroys your sleeping routine, and you are constantly trying to make up a messed up sleep debt. Eventually you get used to that messed up state, but it is not what your body NEEDS to function properly. To function properly you should be waking up at a consistent time every day.

This is especially dangerous if you wake up at different times each day of the week because different days have different responsibilities. Maybe some days you need to get to work by 10 AM and other days you need to get to work by 8 AM. For many people their natural inclination is to get used to waking up at 9 or later to hurry to their 10 AM responsibilities. And then on days where they need to be to work 2 hours earlier they will wake up feeling like crap, drink some coffee to help them get through the day, sleep until noon on their days off and ultimately have no time or energy to accomplish anything they actually care about. They get stuck in that cycle. Don't be like that. Take charge of your life.

You need to choose for yourself what time you want to wake up every day instead of letting reality make that choice for you.

We form habits because at some point our behavior has been perceived as a reward. When you give yourself just enough time to wake up in the morning you might mistakenly think you are rewarding yourself with a little extra sleep, but that is a pretty lame reward. Especially when you consider you are actually training yourself to hate mornings. This also trains you to associate a reward with your snooze button, or laying back down for a few more minutes of sleep after just waking up. It feels good in the moment, is interpreted as a reward, and eventually becomes your habit.

Charles Duhig, author of The Power of Habit says we know from research that people have the power to change any habit.

According to Duhig's research, our habits are formed and reinforced in a three step process:

- 1. Cue**
- 2. Routine**
- 3. Reward**

Commit this process to memory as being aware of it will help you change any bad habit you have.

When we experience a cue, such as waking up to an alarm at 8:00 AM our

unconscious routine might be to go back to bed and enjoy the perceived reward of more sleep. This trains us to hate waking up in the morning.

But we can use this process to train ourselves to love getting up in the morning.

Mr. Duhigg mentions a study in which rats learned the habit of running a short maze to find chocolate. Brain sensors showed that the rat's brains had a lot more activity the first time they were placed in the maze, but after many times, the cue of being placed in the maze triggered an unconscious routine that they had learned, which led to the reward of chocolate.

This works exactly the same for people too when learning just about any new habit. Pretty much everything you do during the day is habit and not your actual decision.

The way Mr. Duhigg points out to change your habits is incredibly life changing. You need to decide ahead of time how you will respond to triggers, and the rewards you will give yourself for having responded that way.

So for example, you are used to sleeping in every day. Before you go to sleep remind yourself that when you encounter the "cue" of your alarm waking you up in the morning that you will reward yourself.

So when you get out of bed at 6 AM or 7 AM Reward yourself with something you like. It can be as simple as a piece of chocolate, fruit, 10 minutes of reading a new book, or any snack you love. You could reward yourself with anything you consider a reward actually. Though it's probably best to keep it consistent.

I tried this method and after a month I was able to finally start enjoying waking up, and slowly building a routine that I did every morning and also look forward to.

The first few weeks I let myself oversleep a few times. A piece of chocolate just wasn't especially motivating for me, though I have seen this incentive work with several people for overcoming several bad habits and fears.

Instead of the chocolate, I would get out of bed, drink a glass of water, and

reward myself with some pushups and shadow boxing. The exercise gives an instant boost of dopamine, which I find reinforces the rewarding influence of this behavior.

Something like this will probably work for you too. I know a bit of exercise might be the farthest thing from your mind the moment you wake up from a dream and realize you are a human being with boring responsibilities to attend to. But trust me, it works and you can get used to it.

I've managed to transition my mind into thinking about waking up as something to look forward to. I used to think it was impossible. You might also have a pessimistic view of your ability to enjoy waking up, but just give this method a try. It's really changed my life.

Getting up started to become easier, and I was even feeling better every day.

So Identify your Cue: Alarm goes off or you wake up naturally

Routine: Get out of bed

Reward: Chocolate, fresh coffee, exercise routine, or some other thing you like.

This will take effort in the beginning, as you are replacing an old habit. But with practice, this new habit will become automatic as long as you consistently reward yourself for the behaviors you wish to cultivate.

Why not wake up an hour early than your job dictates and go to the gym, read a book, practice guitar, or learn something else you've always wanted to learn?

Spending an hour a day learning any skill can help you get basic proficiency within a month. You'll be amazed at what you can accomplish.

And remember waking up early isn't some chore that gives you some benefits like productivity and health. Waking up early should be a byproduct of living your life on your own terms. Living a life you are proud of you would definitely wake up early naturally.

More Tips for Quality Sleep:

- **Avoid Caffeine, Alcohol, Nicotine, as they Interfere with Sleep**

This should really go without saying. Caffeine is found in coffee, tea, cola and many other drinks, and chocolate. It prevents sleep inducing chemicals in the brain from attaching to the appropriate receptors. Caffeine also produces adrenaline.

I know you've probably heard the suggestion to give up coffee countless times but it would be irresponsible of this book to not mention it. If you have to drink coffee, obviously don't drink any after noon.

- **Keep your room dark and quiet**

Darkness lets you produce melatonin which is required to keep you asleep. Some people even take thick black material over their windows at night to make sure zero light gets in.

Loud noise obviously isn't going to help you get to sleep.

- **Don't pay attention to the time**

Doing so can increase your stress as you struggle to force yourself to fall asleep. Sleeping shouldn't take any effort at all. It is the state of such complete relaxation that you are literally unconscious. If there are any clocks in your room, make sure you can't see them while you

are in bed.

- **Let in light first thing in the morning**

Natural light is key to getting your body's clock tuned to waking up at consistent times each day. So let in the light. If you live somewhere without natural light, try to get outside in the morning for at least a few minutes.

Those tips are the most common you will encounter when looking for advice on getting quality sleep. But these tips are effective. If you can, leave a window open at night so it lets in the sun in the morning. This should help you to wake up earlier.

Bed Time Routines

Before we talk about creating efficient morning routines, let's talk about your bed time routines. If you are going to bed at inconsistent times each night it's going to mess up your wake up routine.

People with poor sleeping habits might be addicted to television or the internet. Even though they are starting to feel tired, at 1 am they are still browsing time wasting videos on YouTube or some other meaningless content because it gives them pleasurable feelings they have become habituated too.

Occasionally I've fallen into similar bad habits. I always wanted to go to bed early, but there were always books I wanted to read, and TV series I wanted to watch online. How many times have you said to yourself, "just one more episode" or "just one more page" and then find yourself staying up all night and then spend the next day or two suffering from a sleep deprivation headache? Was it worth it?

In the moment you might be able to convince yourself it is worth it. But the truth is, these kinds of poor decisions are symptoms of allowing your emotions to control your life.

When you play a video game, read an engaging book, watch a great TV series, or do pretty much anything on the internet, you usually are getting a boost of dopamine as a result of interpreting this activity to be pleasurable.

To keep that feeling you play a few more hours, read a few more pages and stay up several hours later than you should just because you associate

pleasurable feelings with these actions.

So is it you controlling your actions, or is it the emotions, dopamine, and your perception of reality that is controlling you?

If you often find yourself staying up late doing activities like this, then you more likely are controlled by your emotional reactions to the world.

Emotional control is something we will discuss much more in depth later.

The basic way to start changing this bad habit is first to realize how much of a problem it really is. And I'm sure for many people you have already figured out staying up late reading books and watching mildly humorous videos is detrimental to your health and the gains of a good night sleep far outweigh the instant gratification you get out of this kind of activity.

No matter how much you logically agree with that fact, you still have to retrain yourself to go to bed on time as you have already trained yourself to follow dopamine hits and pleasurable experiences no matter how damaging they can be to your health and life.

Rationally you might keep thinking to yourself, "I should get some sleep soon," but the emotional mind overrides the rational mind and says, "No this is more pleasurable than sleeping, so this is what we will do!"

And with this interpretation, you get the reward of a dopamine hit that becomes reinforced every time you do this sort of thing and eventually it becomes an unconscious habit.

To retrain yourself, you can try something similar to the method we have suggested for waking up early. Reward yourself.

Let's say you want to start waking up at 8 AM and going to bed at 11:30 PM. At 11:00 you could start your bedtime routine. Shut off the computer, TV and any distracting devices. Dim the lights. Brush your teeth and do any other preparations you should be doing before bed.

Some other options:

- Listen to several relaxing songs or acoustic music
- Meditate
- Write down 3 things about the day you are thankful for
- Write down your goals for the next day
- Short exercise routine
- Attack a punching bag for a few minutes
- Draw a picture while listening to the relaxing music of your choice
- Practice guitar or some other skill you are passionate about.
- Take a bath
- Prepare breakfast for tomorrow
- Stretch
- Yoga

It doesn't need to be complicated of course. Just choose a few things to do before going to bed each night.

We of course have the concept of a bedtime, and for many people that just means jumping into bed. But if their conscious mind isn't ready for sleep they may suffer from insomnia not be able to rest no

matter how exhausted they actually feel.

We should also have a preparation for bedtime time. It should be at least half an hour before you intend to go to sleep. As this allows for some extra relaxation time to prepare you for sleep if you complete all the activities in your routine.

By choosing to do a few pleasurable, relaxing activities before bed, you begin to associate these activities with going to sleep. Your mind becomes used to this and you even begin to enjoy the process of doing this routine and the most important reward is quality sleep.

Example Bedtime Routine:

- **At 11:00 I turn off or ignore all electronic devices.** This was of course challenging at first as I was addicted to them and experienced withdrawal from not doing activities I previously found enjoyable. However, the rest of my routine quickly replaced this addiction within 2 weeks.
- **I turn on some relaxing music.** I have one song I play only when I'm getting ready for bed as I want to associate it with going to sleep.
- **A few pushups and stretching.** I love to exercise, but this isn't anything like an intense work out. I expend just enough energy to associate positive feelings with getting ready for bed. I find stretching really helps to relieve tension too.
- **I write down my goals for the next day.** I find this really helps with motivation for waking up the next day. I know what I expect of myself and feel great when I actually accomplish these goals.
- **Meditation.** Meditation is one of the best things you can do to improve your life. I usually meditate for at least 10 minutes before going to bed. It can be helpful to meditate in the dark as you are about to go to sleep any way.

Then I'm ready for bed within half an hour of starting this routine. My mind and body are relaxed and I usually sleep well and wake up

motivated for the next day.

Take charge of your emotions, recognize your addictions, and replace them with more beneficial habits instead of letting them control you and your life.

Morning Routines

Your morning routine is just as important as your bed time routine. It is your first reward for getting out of bed in the morning and getting ready to enjoy conquering the world.

A lot of people wake up at different times each day because that's the time they are forced to wake up. They might have to go to work at 8 am on Tuesday but 12 pm on Wednesday but wake up an hour before they need to go to work each day.

They don't actually want to wake up. They dread waking up to that life where they immediately have to go to the job they hate after waking up.

That's no way to live your life.

First of all, sleeping with a regular schedule is much healthier. Second, people who dread waking up are sadly not living lives they are passionate about.

If for example you prepare a morning routine you enjoy every morning, then you have that to look forward to. It gives you something to enjoy every morning. It can help improve your mood.

Instead of waking up every morning saying, "***** I hate my life! Gotta go to work!) you can start the day with more enthusiasm for a few quick activities that actually interest you.

Waking up to responsibilities you hate and then sleeping a few more hours to numb what you perceive as a painful unfulfilled existence is not the way to love waking up early every morning. This kind of interpretation of your life

will only make you hate mornings and have a pessimistic outlook all day.

This book isn't about how to change your life into something you are proud of, but I encourage you to figure out how to do so as feeling tired all day is only a symptom, it is not the disease. The least you can do is focus on the positive things in your life. Think about the things you have to look forward to. If you have nothing to look forward to, then that is one of your biggest obstacles to feeling full of energy and life every day. You have no reason to feel energetic. So find some motivation. Find something to look forward to.

Waking up at the time you desire starts with your first reward of the day. As we talked about before, this can be a piece of chocolate, an exercise routine, reading a book, or anything you find enjoyable.

After this there are many things you can add to your morning routine to start the day and challenge your mind depending on what your goals are.

Don't skip on this essential part of improving your overall energy.

This book includes a variety of tips and advice that can potentially reinvigorate your life and how you feel each day.

Some of those tips maybe not be exactly what you need. However don't underestimate the power of a well-established morning and sleep routine.

When you constantly stay up late several times a week and don't have a consistent sleep and wake up time it can completely mess up your energy. You will constantly be in a sleep deprived condition and often feel tired.

In some people inconsistent sleeping patterns turn out to be the main cause of their chronic fatigue. They get used to feeling tired all the time, and even when they suddenly get a full 8 or more hours of sleep for a few consecutive nights they still end up feeling tired and mentally clogged during the day.

The energy you feel during the day isn't just a magic result of how well you rested the previous night. Your accumulated sleeping patterns over time

contribute much more to how you will feel on any given day.

So as tempted as you might be to stay up late, don't neglect your sleeping schedule.

The first part, as mentioned, is planning out your morning routine.

Take some time and consider what you would actually like to include in your morning routine.

Possible morning routine activities:

- **Write down your dreams**

When I started doing this I immediately started having lots of very vivid, colorful dreams. It's really amazing. You dream several hours every night, yet it's difficult to remember them for several reasons related to the chemistry of the brain during sleep. You can however train yourself to remember your dreams by telling yourself to remember them before sleep and writing them down in the morning.

- **Memory Practice**

There is no such thing as a poor memory. Only trained memory and untrained memory. You can train yourself to remember anything. It just takes practice.

I find it kind of strange we aren't taught how to use many of the most effective memory strategies our brains are capable of. The human mind has so much potential.

By spending a few minutes practicing every day you can build connections in your brain that improve your mental health, and prevent the physical decay of a mind that goes unused.

A great app I found is called Einstein HD. It trains your mind in logic, calculation, visual skills, and memory. It allows you to take short daily tests in these areas so that you can track your progress

over time. I really enjoy including this daily test in my morning routine so I can start my day with a mental challenge.

- **Riddles and Math problems**

Starting your day by giving your mind a challenge will make you smarter. How often do you face new challenges every day? Most people get stuck in a routine and encounter the same challenges often. By giving your mind new stimulus daily your mind will get used to tackling new challenges and when you do actually encounter some new challenge in your daily life you will be more prepared to think of a solution. It also won't stress you out as much. The best book on these kinds of mind puzzles is... It has hundreds of great puzzles and I usually do one a day.

- **Gym and exercise**

As we've already discussed, exercise is an excellent way of associating positive emotions to activities. Try to get yourself to go straight to the gym a few consecutive days in a week immediately after waking up and see how your sleeping habits change as a result.

One guy I know wakes up at 5 AM every morning and is outside jogging within 15 minutes every day.

- **Accomplish the most important task first**

Poor habits keep us procrastinating. If you are always putting off the important tasks, it will increase your stress as you constantly find excuses to do something else as you are reminded of what you should be doing. By knocking out the most important/difficult task of the day first and as quickly as possible you will get that addicting feeling of accomplishment that procrastination pulls away from you. By getting something important done in your morning you are setting yourself up for an awesome day because you have already made the decision to start the day with success.

- **Cold shower**

Showering in cold water increases awareness, improves the immune system, and fights depression.

I highly recommend cold showers.

It might seem like a painful experience, but the truth is most people take the luxury of hot showers for granted. Cold water has many health benefits, especially for your psychology as you can train yourself to overcome stimuli you previously interpreted as uncomfortable. It helps you face problems.

Oh is it a cold winter day? Well that's great. You can be even twice the badass because you are overcoming an even more uncomfortable challenge.

I've had days in the winter where I really didn't want to take the cold

shower, and occasionally I would give up on it. It was already really cold. But on the days I did actually take the cold shower, I felt much more alert and focused throughout the day.

If the weather is warmer you really don't have much excuse to avoid cold showers.

In tropical areas the cold water will already be lukewarm anyway.

It's only about 5 minutes, and after that you can spend a few quality moments next to a heater if you really need to.

Don't dismiss this without trying it.

If you can commit to 30 consecutive days of cold showering I guarantee you will see some interesting changes in how you feel, and how you react to events you previously thought were annoying.

Some other potential morning routine activities:

- **Practice a musical instrument**
- **Draw a picture**
- **Prepare all your meals for the day**
- **Test yourself on foreign language vocabulary**
- **Eat a good breakfast**
- **Schedule activities for the day**
- **Chunk project into manageable steps**
- **Review Your Goals**
- **Take Vitamins**

- **Let in Natural Light**
- **Read a book**
- **Listen to an inspirational song**
- **Watch an inspirational video**
- **Make your bed**
- **Meditate**
- **Practice deep breathing**
- **Listen to a podcast**

So how do you want to start your day?

Write down your bed time routine, and your morning routine on a piece of paper and post it somewhere near the place you sleep.

Ensure you can easily see it when you are preparing for sleep and when you wake up in the morning. You won't have any excuses to forget these routines.

Don't beat yourself up if occasionally you aren't able to follow through on your routines. It takes time to build habits, and just make a better effort the next night.

My favorite morning routine is to wake up at about 6 AM, write down my dreams, try my luck at a mind puzzle, go to the gym for an intense workout, and then come home to a cold shower.

This has been very challenging, but I've made it my routine. You can do it too.

Don't listen to your excuses.

And I'm sure you'll have excuses. I find it very peculiar that there are so many excellent self-help books out there with life changing suggestions, yet people don't try those ideas out. Is it because of laziness? Of course in some ways it is. But more accurately it is because people are afraid of breaking out of their comfort zone.

People generally do the same things every day. Eat the same food. Go to the same places. And frighteningly think the same thoughts.

There is so much fear in trying something new. No matter how effective

some new idea proven to be. And that is just the first challenge.

The next problem is that even when you make a whole hearted effort to break free of that comfort zone with the intent of changing your life you can still end up being pulled back into old habits.

This is especially true in the beginning stages of breaking an old habit and building a new one.

Why wouldn't you make a decision for yourself what time you go to bed and wake up in the morning?

Why wouldn't you make a decision for yourself about things that can change your life?

The decisions are always yours to make.

It might be more difficult for people without goals to develop a successful morning routine. They have nothing to look forward to each day. They have no hope for change because they don't even know what their life could change into.

Get yourself some goals you care about. Make them your driving motivation. That's helped me more than anything in maintaining my morning routine. I enjoy waking up early to work on my goals all day because it feels great and makes me happy.

I would feel like crap if I neglected my routines because it would mean I'm neglecting my potential.

How to Combat Stress

Besides a lack of goals and passions, stress is another obstacle to maintaining daily routines of success.

When people are stressed out they are more likely to lose touch with what they care about. Their mind becomes more focused on worry. As a result they can't even get to sleep. In the morning they are exhausted.

Stress slows you down and steals your energy. When you let the daily annoyances of life and even more intense events stress you out you can end of feeling depleted of energy and unable to affect the world around you.

When it gets bad enough you can feel apathetic about even trying to handle your situation. You've lost the will to fight, and your energy with it.

Stress is the result of perceiving something to be a threat to you physically, emotionally, or psychologically. Normally a stressor is only temporary, like someone criticizing you, or being late for an important event. These situations are only temporary, but for some people even temporary stressors can affect their health and energy as they constantly think negative thoughts related to the experience.

Some traumas, and diseases are by definition severe and chronic. The mind and body make an intense effort to resolve this negative state because it really might be a life threatening condition. An ongoing stress response though uncomfortable encourages us to resolve our condition. This is all completely natural if you are suffering from a debilitating disease, but it is completely unnecessary when *YOUR* own thoughts alone are the source of your ongoing

stress.

When some people are criticized in their work, they spend the whole day imagining that conversation.

Imagining the words said, how they felt and this would constantly reinforce this stressed out negative state.

In effect they are stuck in the past. It's this chronic perception of stress that can diminish your health and energy.

When we interpret something to be stressful our adrenal glands produce adrenalin and cortisol.

The stress hormones. This engages many metabolic processes in the body. Our heart rate and breathing increase, blood pressure rises. The adrenal glands also release DHEA (dehydroepiandrosterone), which helps maintain energy by countering the effects of cortisol.

This is the beginning of the fight or flight response you have heard of as it gives us a boost to cope with the stress we perceive.

For pessimistic people who interpret every chore of the day as bad stress, their bodies produce higher and higher amounts of DHEA and cortisol. Increased cortisol has been shown to lead to several health risks including depression. This excessive production of cortisol can also rob the body of nutrients and vitamins needed for its production.

These vital nutrients could be much better used producing hormones and neurotransmitters that bring you more positive states of being. But because you constantly engage the stress response you are preventing this from

happening.

As you can see, this process directly impacts how energetic you feel.

A little stress is great for you. It keeps you motivated and alert. Too much stress and your whole body and mind are prone to various health problems. It can even be a major cause of fatigue, insomnia, and sleeping too much.

Living a life you perceive as stressful depletes your body of nutrients required of key processes and eventually your energy levels plummet as a result.

A major potential consequence of excessive stress is that the demands of producing your stress hormones may lead to dopamine deficiency. As dopamine is associated with many positive states and motivation, diminished ability to produce this neurotransmitter can lead to anxiety, depression, bad moods and cravings for unhealthy foods and caffeine to replace the natural role of dopamine.

It's really quite interesting how our brains and cells produce all these neurotransmitters and hormones based on our interpretations of reality.

People typically think it is external circumstances pissing them off or making them feel terrible. But that actually isn't true. You feel bad only because you interpret things negatively. It's your interpretation of reality that makes you feel stressed, excited or angry.

Imagine you lived in a world where since you were born, you always heard people complimenting you. Always saying how physically attractive, sexy, or handsome you are. At school teachers would smile and call you a genius

because you always come up with creative ways of expressing yourself.
Throughout your life everyone treats you like a god.

How would you feel? I imagine you would feel pretty damn high on life. You are on top of the food chain and nobody can bring you down. The entire world is constantly giving you positive feedback. So you must be just as awesome as everyone says you are! Right?

Right?

Right?

Well no.

I'm sorry. You are not. The truth is you have been suffering from hallucinations since you were a child and never even realized it.

The reality you perceived turned out to a complete fabrication constructed from some odd configuration in your brain.

All those voices you heard complimenting you all the time were all productions of your mind.

So what about your immense unbreakable confidence? Where did it come from?

Did it come from reality?

Well that's impossible. Reality never **said** anything positive to you in the first place.

So the conclusion is that all those powerful positive feelings and beliefs came from within you.

This thought experiment is just to demonstrate to you how your thoughts create your reality. Therefore positive interpretations lead to a less stress free life.

It may be a surprise, but we all have hallucinations. Haven't you ever been reading a sentence in a book, read a word wrong, and then didn't realize your mistake until you looked back at the sentence again? You were sure you saw the word you read in the moment, but looking back you see your mistake.

The mind fills in blanks in your vision, hearing and other senses all the time. Some people have such severe hallucinations that they can no longer function in society because their perception of reality is too divorced from what everyone else is perceiving. Luckily, most people are able to perceive enough of the same reality that nobody really pays attention to these many minor hallucinations.

This goes back to the point that the external and internal reality you perceive are constructions of your brain. Perhaps there is some absolute objective reality out there we cannot perceive yet.

But we can influence our perception of reality.

Imagine what life is like for a child who goes through life with constant positive feedback.

Everyone tells him he's smart. Everyone tells him he is the best at sports, best at art, and best at everything. He receives almost no angry criticism. And necessary criticisms are presented to him in a very reasonable positive way that makes him excited about changing his previous behaviors.

Now in this scenario, the child is not hallucinating. His environment is constantly telling him how awesome he is.

When he becomes an adult, how easy do you think it is for him to maintain this positive self-esteem his environment taught him? As it turns out he'll probably be just as confident about his abilities as an adult as he was as a child. This of course doesn't mean he'll have a pain free life, but these children are more emotionally mature and able to face challenges, and interact with more people when they grow up.

Those lucky bastards right?

Now you may be thinking this scenario shows that the environment can actually have a powerful effect on your self-esteem, emotions and behavior.

To an extent, of course this is true.

If it weren't true we could potentially feel 100% confident and happy all the time. We would be hippies freely sharing compliments and free love with strangers. It would definitely feel blissful. Every moment would be pure joy. The problem is, it would be risky to our health and the survival of the human race.

What would happen if in your blissful state of oneness with the universe you decided tigers can't and won't hurt you because you love them? Well, at least you would enjoy being tiger food.

So to prevent scenarios like this we are equipped with a brain that allows us to make judgements about our perceived environment.

I'm going to write that again, because it is extremely important: **we are equipped with a brain that allows us to make judgements about our perceived environment.**

Now judgements and opinions are highly personal. Things like taste in music, what food you like (except for occasional objective facts like Jpop sucks and so does Taiwanese food), what words you use to speak, who you like to talk to, who you hate talking to and all these things are the results of a mechanism that has evolved to keep the species going.

They can also be very illogical. But the point isn't to be right, the point is to make judgements that are hopefully beneficial to your survival.

These judgements don't need to be right. They just need to help you assess dangers, things to avoid, things to enjoy, things to fear, and everything beneficial and detrimental to your survival.

When we are observing reality, we are just observing it as it is. Completely without judgement. But because we have trained ourselves to make judgements about experiences, this judging process takes place so fast that as soon as you decide you like a new song, you don't realize there was a brief millisecond of not judging that song, but only hearing it.

This is great for survival of the species. No matter how many ignorant, misinformed, illogical thinkers are part of the gene pool, they will still be able to reproduce because they are capable of making enough correct judgements to maintain their safety and existence long enough to have and raise a child.

It's a beautiful system really.

Evolution is doing a great job.

We don't need geniuses, doctors, and astrophysicists. We just need to know

how to cross the street without getting hit by a car, how to get food, and how to live long enough to reproduce.

The problem however is that a lot of unnecessary pain comes from interpreting harmless stimuli as dangerous, stressful and bad.

We make ourselves terrified of experiences that are actually no threat to us. We all do it.

Such as someone criticizing you. If they are just being rude, then why are you so insecure as to let their words hurt you? If they make some valid points why not consider changing the things they constructively criticized without feeling hurt about it?

It's because your minds Reticular Activation System is constantly looking for things that maximize comfort and acceptance. In any situation you make judgements about something being beneficial or threatening. Some people see many harmless events as threatening. It is a mechanism of self-preservation that they have trained to overreact.

You can see this sort of over reactive interpretation of reality in many places. There are a lot of lame prank videos on YouTube you might occasionally have seen.

How do victims of these harmless pranks often react?

Angrily.

They often jump into hideous rages and even hit the prankster in the face or tackle him.

I usually have no sympathy for these pranksters and their unfunny attempts to get a reaction out of someone. But these pranks can be educational.

I recall one video in which the prankster pretends to shoot paint balls at people's cars. The victim thinks their car is being damaged and thus they get angry. Even after realizing this idiot isn't actually shooting their car but only pretending to, they are still stuck in the negative thought loop that brings about angry emotions. They still verbally and physically attack the prankster no matter how thoroughly he explains it's just a joke and apologizes.

So what is really happening in their minds?

1. External reality

The 'victim' of the prank observes reality. Reality doesn't have good or bad. Reality just exists. But then the victim makes a judgement about this reality to determine what they should do:

"Someone is damaging, or threatening to damage my property. He is also saying things I interpret as both annoying and threatening." 'I hope you like blue.' -Imagine this phrase said in your most annoying voice possible.

2. Interpret external reality

Without standards and opinions we probably wouldn't be able to survive. At least we wouldn't be able to protect our fragile physical bodies so that we can evolve. So we are equipped with the ability to interpret reality however we wish. Some reality we interpret as beneficial to our survival. As a result we are also very sensitive to threats.

When the victim of the fake paintball shooting prank observes external reality as a threat, it initiates the fight or flight response.

In a split second they realize something like this:

"This situation definitely justifies anger and retaliation. In similar situations in the past I have gotten angry before, so I should get furious this time as

well!”

This interpretation of reality releases stress hormones to help them deal with the perceived threat.

3. Emotional response

Heart rate and testosterone production increase. Inside the brain, neurotransmitters called catecholamines are released and are related to the desire to take immediate protective action. Blood pressure rises. Their attention becomes focused on the target of their anger as they are instantly prepared to fight.

This emotional reaction also justifies their angry interpretation of the pranksters actions.

4. Reaction

“I’m going to yell at this Jerk and steal his paintball gun.”

5. Condition response

“This experience has made me angry, therefore I should always be pissed off in similar situations.”

I don’t find that prank funny. However this and similar pranks where the goal seems to be to trigger people’s conditioned anger response are an excellent demonstration of how people think and behave based on conditioned emotional responses.

Reality is only as dangerous as you think it is. I believe there are two kinds of perceived threats. The only real dangers are the kind that can objectively damage or kill you. Such as a high speed train rolling down the track.

Stepping in front of a speeding train and teasing venomous snakes are things you avoid out of the knowledge that these things can and will kill you if you are not careful.

But some things are only perceived threats. The deadliness doesn’t actually exist. It’s just a flaw in your mind, caused by the ability to interpret real danger and an inability to rationally distinguish real threats from imagined

ones.

In theory, these interpretations are supposed to help you and the species survive. The problem is that you can get into a habit of viewing non-threats as harmful.

If you unconsciously allow non-threats to trigger your fight or flight response, then you may be unnecessarily causing potential damage to your heart.

There is a great TED talk on stress by psychologist Kelly McGonagall titled, How to Make Stress Your Friend. In which she explains a study which tracked 30,000 adults in the US for 8 years. In the beginning of the study they asked these participants about the level of stress they felt in their lives and also whether or not they believed stress was harmful for their health. What they found out was that people who experienced a lot of stress had a 43% more likely chance of dying, but only if they **BELIEVED** stress was bad for them. What's even more interesting was that the people who had a very stressful life, but didn't believe stress was bad for them, they were much less likely to die and in fact were much healthier.

Stress doesn't kill you. It's the belief that stress will kill you that kills you.

Other studies have shown that when people are trained to believe their stress response is HELPING them rise to a challenge, they actually have a different physiological response than the people who believe stress is bad for them.

In the typical stress response in which people have negative beliefs about their situation or stress, their heart rate rises and blood vessels restrict the flow of blood. This helps you to react quickly, the typical fight or flight response when facing a REAL threat in nature. However this state is NOT healthy to maintain over a long time. It's bad for the heart. And yet people who perceive the world as a scary place, let every situation stress them out. They perceive stress as unhealthy so undoubtedly become unhealthy because of this state they allow their body to constantly be in.

But these researchers also found that when people were trained to see their stress response as helpful, and positive, their blood vessels didn't constrict the flow of blood to and from the heart. They were more relaxed, AND more able to face the stressing tests the researchers gave them.

Your BELIEF actually changes how your body responds.

Another even more fascinating part of Kelly's talk is that the heart has a built in system of resilience against the damage potentially caused by the stress response. And that system is human connection.

The heart has receptors for the hormone oxytocin, which is released during stress, and also during moments of compassion, physical contact, and helping others.

Just by reaching out to someone when you are in pain, or helping someone yourself, you are strengthening your heart, and healing any previous damage.

Now think about how powerful this fact is. Think about how it can change your life and potentially change the lives of everyone in the world.

How long would you live if you did the following two things?

1. Believe stress is beneficial and helps you
2. Help others as much as you can and be an inspiration for compassionate human interaction.

Just working on changing your beliefs and trying to be considerate and caring to others could be the difference between dying of a heart attack in your 40's and living past 100.

Another study mentioned in that talk demonstrated that people who spent time caring for others were also much healthier and not as stressed.

This makes sense. Who is more likely to help the species survive? The guy obsessed with always looking perfect, stressed about making mistakes, embarrassments, rejection and failure and living in perpetual negativity complaining about how nothing ever goes his way, or the guy whose always helpful to others just to be helpful.

There are probably a lot of mental and physical health benefits to being social, helpful and compassionate that will help you to live longer because that is in the best interest of the species. Whereas, if you are in a perpetual state of self-induced pain, and a negative perception of stress then you are much less likely to care about how you contribute to the species as a whole and thus your body doesn't have as much motivation to keep you alive.

Stress doesn't need to be a poisonous drain on your system if you don't let it. Imagine what you can accomplish if you could courageously face any challenge. Some people might think it's difficult to change their mindset to a more positive one. But that is just the habit you have already formed resisting change.

You can be as weakened by stress as you want. I prefer to believe the entire concept of stress doesn't even exist. Every interpretation of danger, is just an interpretation no matter how deadly it could actually prove to be. Everything is just a concept in your mind. Getting stuck in traffic or asked to work overtime don't need to be perceived as stressful events. They don't need to trigger the stress response because they aren't real threats.

Oh no you have to work an extra hour instead of immediately going home to play on the internet then go to bed so you can sell another day of your life!? You should be more bothered by the fact you are wasting your life doing things you aren't passionate about than by the fact you have to spend a little more time doing it.

And even this kind of interpretation doesn't need to make you feel bad. It can be motivation to fuel your fire of success and happiness.

Stress, and believing you are stressed out depletes your energy and makes you feel emotionally and physically exhausted.

But now that you know you have the potential to reinterpret previously stressful events as non-stressful, you can potentially avoid wasting energy on nonsense that shouldn't bother you.

This will of course take practice.

And occasionally some horrific crap will be thrown at you and you will think it's impossible not to spend energy worrying about it.

That's just how our brains are wired, however by reminding yourself to stay positive, reinterpreting situations, and a bit of meditation, research has shown you can actually rewire your mind to think in more positive ways.

With practice, stress won't make you worry and lose touch with your goals as much.

Stress is only as negative as you think it is.

At least now you have some advice that can help you deal with stress a little.

This will help you in maintaining your morning and bedtime routines.

I know sometimes when I'm stressed out I occasionally feel more like wasting time watching a movie than on getting to bed early and starting over the next day.

Sometimes the stress wins. But at least I've developed solid habits for handling the stress and an enthusiasm for my daily routines that help minimize the stress and exhaustion I would otherwise feel.

How to Handle your Addictions

Why is understanding addiction important for getting back to a life full of energy, productivity, and efficient sleep?

Your habits run your life. In fact, you could say your habits are your life.

So what is the difference between habit and addiction?

Well in fact they are the same thing. They are both patterns of behavior developed by frequent repetition until you begin to perform this action automatically. Your brain rewards you for every action you take. Repeat the same action enough times and it becomes subconscious.

So when you brush your teeth in the morning is that habit or addiction?

It's both.

When you force yourself to wake up in the morning and drive to work every day is that habit or addiction. It's both.

The key difference however is that addiction comes with a more overt negative connotation as we usually associate it with drug abuse, alcohol and smoking. Addiction usually refers to an unhealthy relationship with a substance or behavior.

Addictions to drugs and alcohol get all the attention because they obviously destroy people's lives. The impact of these addictions can be seen by everyone.

But most addictions are lower key. What about the guy who eats nothing but greasy fast food until he dies of a heart attack at 55?

You could argue that people are free to choose their addictions. And yeah, if you want to get used to habits that could shorten your life by as much as half then that is your choice. But it is a choice fueled by instant gratification and willful ignorance of the consequences.

There are probably many addictions in your life. Habits that drain your energy and have detrimental consequences to your life and health. Many

habits you have may be preventing you from achieving your potential for success and creativity.

Just because your habits aren't obviously as destructive as some illegal behaviors, it doesn't make them any less damaging.

What habits are preventing you from doing what you really want?

You should be aware of what your goals are in life. Such as how much time you want to spend with family and friends. What places you want to go.

What skills you want to learn. And you should be conscious of what habits are preventing you from fulfilling those desires.

YOUR TASK:

Write a list of the addictions and habits you want to change.

Don't worry if your list is quite long. I think it's exciting to have a lot of things you want to improve about yourself. If you think everything is perfect about you already, well then you must be superman already and don't have any problems with sleep or energy so why are you even reading this book?

It will take time and commitment of course. So change your addictions one habit at a time. It's possible and anyone can do it. Psychologists have found that your bad habits will always be wired and active in your brain. But they can be overridden by the proper motivation that engages the rational part of your brain that is focused on long term goals.

The Rat Park Experiment

To fully understand the motivations for forming certain habits and addictions we should look at some famous rat experiments.

In the 60s to 80s rats used in experiments lived in very small cages and they were usually separated from each other.

These rats had nothing stimulating in their environment. Just a cold little metal box that was their entire world.

In experiments related to habit forming behaviors, rats living in these tiny boxes had to get pellets of food one at a time, as long as they pushed a lever

on the side of the box over and over again.

The metal floor of the box let the experimenter to administer electric shocks when the experiment was focused on punishment rather than reward.

In the 1960's, psychologists began using these boxes, known as Skinner Boxes to study drug addiction. They developed techniques to allow rats to inject small doses of a drug by pressing the lever, or by drinking drug laced water.

Under these conditions rats would hit the lever very often. They would consume copious amounts of heroin, cocaine, morphine and other drugs.

The mass media of course grabbed hold of the results of these experiments that seemed to prove these drugs were inevitably addiction. Trying it once would be akin to suicide as you would be inevitably addicted to these illegal drugs.

But the thing is that conclusion turns out to be an immense stretch in logic. If you put a person in solitary confinement with no chance to interact with other people, no chance of escape, no goals in life, no sex, and no stimulation of any kind then what do you think he would do when eventually you offer him some mind-numbing drugs?

Solitary confinement drives people crazy. Might isolated rats need to numb their minds in solitary confinement for the same reason that people do?

Dr. Bruce K. Alexander of Simon Fraser University, decided to test the conclusions about irresistibly addicting drugs that had been reached from the earlier rat studies.

He and his colleagues compared how much drugs rats would consume in a

reasonably normal environment with rats kept in the solitary confinement cages. In this experiment rats got to live in a much larger area, with plenty of things to explore and play with, wood chips strewn on the floor, running wheels for exercise, plenty of foods to eat, and other rats to play with. In addition to all this stimulation, of course these rats also had the option to get high on drugs if they chose too. Dr. Alexander says the rats loved it and so they called it “Rat Park.” It was like a paradise for rats.

In virtually every experiment the rats in rat Rat Park consumed significantly less of the drug solution than the rats in solitary confinement. It became clear that the conclusions of the experiments on rats living in skinner boxes were a result of a life lived in isolation.

“

When I talk to addicted people, whether they are addicted to alcohol, drugs, gambling, Internet use, sex, or anything else, I encounter human beings who really do not have a viable social or cultural life. They use their addictions as a way of coping with their dislocation: as an escape, a pain killer, or a kind of substitute for a full life. More and more psychologists and psychiatrists are reporting similar observations. Maybe our fragmented, mobile, ever-changing modern society has produced social and cultural isolation in very large numbers of people, even though their cages are invisible!”

- Dr. Alexander

The results of the rat park experiment show how the lack of goals, stimulating environment and a quality social life can lead us to form unhealthy habits that replace these more positive influences on our mood and psyche.

The conclusion we can draw from this is that developing a life full of proper stimulation and motivation will help us diminish our unhealthy habits and addictions. We don't eat cookies and junk food every day just because it tastes good. It's a coping mechanism for the things we lack in life.

Previously I asked you to write down a list of all habits and addictions you want to change.

Next to that list please write another list of all the things you want in your life. .

Next to each of these things write down what rewards you get for replacing those habits you want to change.

This is good for starting to focus more on long term goals than immediate gratification. But of course it isn't that simple. There is work to do to overcome these habits that you identify with.

If you haven't written that first or this second list down yet we already know what decisions you've made. You've decided to just skim through this book for a few nuggets of wisdom you are 'willing' to actually do, but you don't want to make the commitment to something you perceive as difficult and then have to actually follow through.

I find it quite funny how people convince themselves change is impossible for them even when faced with the reality that some people have overcome

the very things they are trying to deal with.

Of course every person is different. But people have overcome many debilitating conditions and habits with the power of belief and hard work.

So what I really can't stand is when someone tries to infect others with their limiting beliefs.

Just because you want to give up, doesn't mean everyone needs to give up. But you are here, so we know you don't plan on giving up. You plan on following through on everything here and making a plan to recover your energy. Stick to this plan and you will see results.

It's like you say to yourself, "this isn't going to work, I know because I'm not willing to try it." Beautiful illogical conclusion buddy. With this frame of mind you are just reinforcing your addiction to instant gratification.

If that one isn't on your list it should be.

For those of you who have written these things down, good job. You know what you want to change about yourself and you are willing to admit it to yourself.

It is important that you understand only you are the author of your future. Whatever you write down as a possibility today will be tomorrow's future. This book is designed to make you dream about the life you can be having with more energy and time to do what you want.

Your reality is yours to design. Why would you want to let your unconscious habits control every aspect of your life? It's biologically convenient. It's meant to keep you alive just long enough to make kids so our species doesn't

die out. But there is so much more you could be doing with your life than the habits you develop based on your genetic predispositions and opinions about the world.

Be conscious of your behavior.

Since you are already in a writing mood, write down your answers to the following questions:

- What is the greatest ideal of myself?
- How would I talk to others if I changed?

Please take the time to reflect on these questions and write down your answers. Analyze all the possibilities.

Thinking about these questions will help motivate you to making these changes you have desperately wanted to make for so long.

So how do we transition from all these habits that make us how we are today and replace them with new habits that turn us into our ideal selves?

If only it were as simple as changing a few lines of code in a computer program. We could rewrite our code to be productive when we wanted to be super successful, or to be happy when we have a day to relax and enjoy beautiful weather outside.

But that isn't the way our psychology works. Well not exactly. It turns out you can overwrite habits you have previously learned, though not necessarily completely erase them.

How to Break Addiction to Coffee

For me, the motivation to sleep well every night was enough for me to quickly kick the habit of drinking coffee. I wouldn't say I was addicted. I didn't drink a cup every day. Just a few cups a week at most and occasionally I would depend on it to help my performance on days where I had to have more focus.

I just liked the feeling it gave me. Of course lots of people do. The problem is when you depend on coffee to function like a normal human being.

Coffee dependency is a poor substitute for adequate health and sleep.

If that sounds like you, then make an effort to eat healthier and go to bed earlier and waking up earlier using the bedtime and morning routines mentioned earlier in this book.

It will take time to develop new habits, but eventually, one by one, you will begin to develop the optimum routine for your health.

Caffeine may no longer have the same effects it used to have on you if you are addicted. Imagine how it would feel to completely get caffeine out of your system. And then if you can manage to only occasionally drink coffee, when you do the caffeine will have a greater affect than in your addicted state.

Caffeine dependency means you are afraid you would be completely unable to function without your daily coffee.

It's unfortunate how many people seem to rely on caffeine to do their jobs.

Cutting yourself off from this beverage that seems to be your life support may seem impossible for some.

I find that's a common reaction to any suggestion of changing someone's habits. They can't fathom the possibility of actually changing their behavior.

However, change is possible. To do something you have never done, in a way you must become someone you haven't been before. That simply means you are the sum of your habits, and you need to adjust those habits sometimes instead of letting them control you.

Quitting coffee or any habit doesn't need to be torture.

Changing this habit is included as one of several examples to give you ideas on how to change your energy draining behaviors.

If you don't feel addicted to caffeine and only occasionally drink a cup of coffee then you probably don't need to cut yourself off from coffee.

Also, quitting coffee is no guarantee of instantly feeling your energy return as you are forced to rely on your own resources again.

This habit is included because coffee dependency is a sign that areas of your life are causing unhealthy drains on your energy.

If you have a daily coffee habit you probably already suspect what would happen to you after you quit. You might even suspect that a month after you quit you would still feel tired all the time and be fighting with all your [willpower](#) to not drink a cup of coffee.

Well, it turns out this is often the case. If after quitting coffee for a couple weeks you still feel completely fatigued then obviously there are other problems draining your energy that you attempted to handle by daily caffeine hits.

Maybe you rely on other substances or behaviors to replace your missing energy. By spending time without them you can realize deficient energy has some other source that you should be looking for.

For most people suffering from chronic fatigue it seems to be a combination of causes. Psychological, nutrition, and sleep all play an important role in determining your level of energy.

By relying on unhealthy sources of energy, motivation, and focus, such as caffeine, you are preventing yourself from treating the real problems present within you.

Using a methodical process you can slowly reduce these unhealthy habits and integrate more energy enriching habits into your life.

We'll include two methods for quitting coffee here:

1. The Cold Turkey Method

With this method you simply stop drinking coffee. You commit to the decision to stop for at least a week and convince yourself that the several

drawbacks are worth it.

The pros of this method are that it's the fastest method to overcome caffeine addiction, and you'll realize caffeine's influence on your body.

The cons include symptoms of withdrawal, fatigue headaches for 1-3 days, and loss in productivity.

You might also consider using **rutaecarpine** which can remove caffeine from your system faster. I've used this before and it seems to work.

Some of the symptoms of withdrawal can be debilitating so it's important to plan ahead.

1. Start your detox on a day you don't have to work or do anything productive.
2. Avoid driving and anything similar as you might feel pretty tired the first day or two.
3. Prepare some pain relief as there might be some headaches coming.

If you have been consuming a lot of caffeine before trying this method then you should be prepared for a more severe withdrawal. I hope that doesn't scare you. Keep your eye on the prize.

When do you usually drink your first cup of coffee in the day? Most people have a routine of drinking a cup in the morning.

So when you start this method, remember to reward yourself for refusing to drink that coffee.

Put some chocolate next to the coffee machine and every morning when you usually would drink a cup of coffee, do this:

1. Tell yourself you want to change your addiction to caffeine
2. Remind yourself you don't need it.
3. Reward yourself for making a commitment to improving yourself

The reward can be anything really, just as we mentioned earlier with the similar method for changing your sleeping schedule.

For changing your addiction to coffee I do however suggest it might be good

to find an alternative drink to start your days with. Freshly squeezed fruit juice, smoothies, or even chocolate milk, a protein shake with creatine all make great choices.

Within a couple of weeks you will have developed a completely new routine and no longer have a dependency on coffee to be a functioning human being.

2. The Slow Method:

Instead of quitting immediately you could gradually reduce your intake of coffee.

Just make the intention to drink a little less every day. If you want you can reduce your coffee consumption by half every day. Which is still a little fast.

Or alternatively, you could reduce it by a $\frac{1}{4}$ of a cup every day. You can of course use this same strategy to reduce your reliance on energy drinks, sodas, and other junk foods.

The good thing about this method is that the withdrawal symptoms are much less severe than if you instantly shock your system by removing something you have both physically and psychologically depended on. You are less likely to get headaches with this method.

You would also be more capable of remaining productive during this reduction period. The major con with this is it requires you to maintain a record of how much coffee you have been consuming and your intention to reduce how much you take each day. As long as you remain committed to eventually eliminating coffee and caffeine from your system you will be able

to do it. You can thank yourself later when you realize you can get to sleep faster.

Be sure to give yourself some kind of consistent reward every time you reduce your amount of caffeine.

Either of these methods are effective. Decide which is best for you and your lifestyle.

This method of consistently rewarding yourself that we have discussed here in overcoming addiction to caffeine and previously discussed for solving oversleeping can be used to overcome any addiction or habit you want to change.

Focusing on improving your eating and sleeping habits are the most basic way of enhancing your energy. So that is why we have some time in this book discussing ways to overcome these habits.

If you eat too much junk food you can also use this method to replace the garbage you are putting into your body with healthier options. It is also recommended to avoid eating within 4 hours before your plan to go to sleep, as we have mentioned earlier.

How much do you actually know about your body and how it functions? If you don't experiment with changing your habits you will never know anything about your true potential.

I wish I had tried to change these habits years ago instead of letting them decide for me when I would wake up, eat, and how much energy I felt. At the very least I appreciate that now I know, and I can have control over my energy levels by just altering my habits.

As we have seen, taking conscious control of your decisions can teach you about what you are capable of.

However, there are even more methods we can use, and thinking habits we can change to help us in the process of improving our health and energy levels that we will discuss in the following chapters.

Mindset For Success

As we've seen, your brain is capable of producing adrenaline, dopamine, and everything else that maintains your body's necessary level of energy for exactly your needs.

Those needs depend on your interpretations of reality.

Thousands of years ago when facing a threat, your body would release stress hormones triggering your fight or flight response. Your body would be preparing you to resolve the situation. Do you fight that tiger, run, or freeze?

After this threatening situation was resolved you would be able to make the assessment that the danger has passed and thus your body would return to a more relaxed state, and also be more open to positive interpretations of reality associated with positive emotions.

But what happens when your job is associated with stressful emotions? Maybe you hate your boss and you dread seeing him and being criticized by him? It's like being threatened by that deadly tiger every day. Constantly living in fear that it will suddenly appear out of nowhere to destroy you.

The stress response never really stops. When your body is under stress your blood vessels constrict to help blood flow faster. It's ok for temporary stress. It helps you respond. But staying in this state for a long time. Over years and years, leads to heart problems, stroke, and other complications.

It's a sign that your environment is so deadly, you might as well die. Which is what often happens.

But remember the experiments about stress we mentioned earlier. When you perceive stress as a good thing, as motivation to help you accomplish your goals, then your blood vessels stay relaxed, and you get more of the positive aspects of the stress response and less of the negative aspects that can potentially harm your health in the long run.

Being alive is really about making opinions about your reality. You may think your circumstances are terrifying, but someone with the chance to live your life may think the exact same situations are exhilarating.

Your assessments about reality always determine your emotions.

We can prove this easily.

If you were attached to some item you own, let's say an iPad, which you use for many things you care about, how would you feel if one day you dropped it and it broke? It's now completely unusable and irreparable. Before this happened you were happy and having the best day of your life, but then suddenly, the destruction of your favorite item made you angry and disappointed.

The truth is, some people don't let petty stuff like this affect their emotions. They live in abundance and it wouldn't affect their day. They would continue feeling good, and then just replace the iPad when it's convenient or possible. It's just an item, why should your good emotions depend on possessing it?

But that was just an easy example.

What if you are having a great day, and then your boyfriend or girlfriend who you have been with for several years calls you and says they are breaking up with you? Are your emotions suddenly impaired then?

So why did your emotions change? As we've seen, it isn't because someone broke up with you, it's because you interpret that as a painful experience and that interpretation is what brings the feeling of pain. But why did your good emotions depend on maintaining that relationship? You were feeling great one moment and the next your world fell apart.

So you could say pain is both negative opinions, and attachment. When you are attached to things you are needy. You feel you need these items, relationships and various conditions to ensure your positive emotions.

You begin to juggle all these prerequisites for your happiness. But you can't juggle several hundred items simultaneously. You probably couldn't even juggle a dozen. So these things start falling down on you.

And then you are left wondering how it all collapsed.

Well nothing really collapsed. Change is inevitable. It's impossible to control all the outcomes of every situation and relationship.

But do you know what you do have control over?

By now you should already know.

That's right, you have control over your interpretations of reality, and thus control over your emotions.

Is Pain real?

Somewhere near the mountains of Kyoto live the Marathon Monks of Mount Hiei.

They are called the marathon monks because part of their path to enlightenment involves 7 years of running and walking from 30 kilometers today to 84 Kilometers per day. It is called the 1000 day challenge.

They walk and run these long distances between various temples and shrines. Each of the first 5 years they spend 100 consecutive days running 30 kilometers a day. In 6th year they actually start running 60 kilometers a day. And then in the 7th year they run 84 kilometers per day for 100 days, followed by another 100 days of 30 kilometers per day.

Through this process of selfless service and devotion by the end of this experience they have overcome limitations that hamper the progress of most people on Earth.

There is a tradition among these monks to carry a small knife and if they are ever tempted to give up, they must take their own life.

Marathon runners have tried running with these monks, but they have never been able to keep up.

They are the embodiment of mind over matter. During their long distance walks they are performing a kind of resistance meditation.

They are resisting the urge rest or quit, but that's only the most obvious. They are resisting the urge to have an ego or opinions about pain or giving up. They are completely devoted to the actions they are taking and the path they walk.

There is only the path, and the goal. There is no room for interpretations of pain or fatigue.

They get used to it. It's not just a matter of improved health. It's the mind no longer registering pain, fatigue and hunger as negative stimuli.

You might be thinking it's impossible for you to do something like that. But you could if you really tried.

I'm not suggesting you go become a monk, give up sex and alcohol and train

yourself to vigorously give up the vices that addict you to your own ego.

To the extent you are comfortable with you can of course try that if you want.

But the point here is that your mind is always in control of how you see reality. The monks see their 7 year marathon as the path to overcoming their ego and achieving enlightenment. Part of their training includes a 9 day fast with no food, water, or sleep.

They can't sleep or eat for 9 whole days! Don't you think most people would die trying that!?

It sounds deadly. It sounds painful and dangerous. But you know what, they get through it. They challenge themselves to reinterpret cravings for food, water, sleep and other desires.

Have you ever felt that tired? I doubt you have.

Have you ever felt that hungry? I doubt you have.

Though of course I don't know you and there are a wide range of people who could be reading this book, so of course chances are someone might have experienced some extreme fatigue and hunger. If that's you, then obviously why would I doubt you? You are awesome.

Why don't you try fasting for a few days just to see how you deal with your cravings for food?

I do however recommend getting enough sleep as it is required for being able to interpret reality properly. Isn't that amazing? You have this huge limitless reality out there and it just exists. Perhaps there is some absolute objective reality that we will never know. But we get the chance to interpret this universe to be as positive or negative as we like. Our interpretations of reality make the reality we construct in our mind.

For most people their life is focused on avoiding pain.

They aren't thriving, they are coping.

This is pretty much a major theme of this book. Overcoming the coping mechanisms we have developed that interfere with our energy levels and sleeping habits.

Food, alcohol, abusive relationships, sex, wasting time on meaningless activities can all be tools we use to cope with our negative view of reality.

Think for a moment about how many things you try to avoid every day.

A simple list might include the following:

- Being late for work
- Running into a coworker I don't like
- Missing the bus
- Accomplishing something important
- Homework
- Various responsibilities
- Ending a bad relationship
- Criticizing someone (not being able to express yourself)

There are a lot of things people try to avoid actually. How many times have you neglected to tell a truth you really wanted to say?

It of course depends on the situation and often you can argue that if you really don't care that much about some petty situation then you don't really need to say anything. But there is a lot you can learn by being completely honest, though tactful.

Learning to express yourself could be very healthy.

But what about other things people avoid?

I think the most common thing people avoid is breaking habits. They always do the same things. They always talk and think about the same subjects.

How many thoughts did you have today that you didn't have yesterday?

Most people don't change much from day to day.

Doing something new takes effort, brain power, and energy. Developing the habit of building new habits will change your life.

So what about procrastination?

Why do we avoid getting something done?

Well the easy answer is that we have trained ourselves to pursue instant gratification. I still put things off all the time. But for things that are the most important to me, I make sure I get those things done first.

Another tip is to get the most difficult task out of the way first.

It sets you up for accomplishment for the whole day. The problem is even though that sounds reasonable, you still have the habit of procrastination.

So what can you do? Well, just like we've been discussing, just do it and reward yourself afterwards.

If you live your life focused on avoiding pain then you really aren't living life at all.

Part of this is because you are focused on perceiving pain, and then avoiding it.

Now this is great when you live in a jungle and everything is literally trying to kill you. Thinking everything is a potential danger will help keep you alive. Also, chasing after things you like, such as foods, people, relationships, etc. are supposed to give you a survival advantage.

Now this makes sense for ancient man. And of course in general it still makes sense for us today.

However, we can go too far and focus all our attention on the negative things we want to avoid.

So why didn't you do your homework? Why did you decide to play video games instead?

Well it's because you interpreted homework as a bad, annoying thing and video games as a good thing you would rather spend your time doing.

This is very simplistic. But the fun part is that you can actually change your interpretation about homework.

Why would you even be taking a class you aren't interested in? There might be some exceptions, but I'm sure you can find a reason to motivate yourself to do that homework.

There must be something good about it.

Maybe you love that subject. Maybe you look forward to using the subject of that homework in your future career or life.

When you realize that most of the things you interpret as bad, can actually be interpreted as beneficial and enjoyable to you, it gives you a lot more motivation to get those responsibilities done.

The next part, is to reward yourself for accomplishing it. So basically, wait to play video games until after you've gotten your homework done.

You'll get the added bonus that the voice inside you won't constantly be nagging you to get your responsibilities done as you do the task you naturally find more enjoyable.

You know which tasks are good for you. You also know which tasks are actually interesting to you.

In the middle are tasks that are both enjoyable and good for you.

Fill your daily routines with as many of these as possible.

Negative thoughts and your Daily Routines

Negative thoughts can mess up your daily routines because they reinforce the mistaken belief that you are a failure and that it's impossible to change.

Negative thoughts prevent you from even trying to establish a morning routine because you feel like nothing could convince you to enjoy waking up in the morning.

Most people have about 10,000 thoughts a day.

But where do those thoughts come from?

You might think about some responsibility you have for work and then start thinking about how much you dislike your job, then think about how you wish you could spend your time instead of selling it to some corporation. Then you start daydreaming for a while and your thoughts are stuck in the future. It might feel nice, but doing this you aren't aware of your present circumstances. Then you start thinking about some embarrassing moment from your past and that triggers associations with other things you dislike and you start thinking about those ideas for a while.

Neither thoughts of the past or future have any real power of the reality you experience in the present moment.

So why do you still think constantly about things in the past and future?

Thoughts of your past give you your sense of identity. It feels good to think you know who you are even though it's just another habit. And then your thoughts of the future give you the promise of fulfilment. But thoughts of the future are just illusions.

You have thousands of thoughts about the past and daydreams about the future every day. How many of these thoughts are connected in a logical stream like a conversation or book?

For most people it turns out less than half.

Their thoughts are merely habits.

They think the thoughts of today because they were also the thoughts of yesterday. The more you think about something, the more you will think about it.

This goes back to the way we build any habit.

Let's say you start daydreaming about studying martial arts. If that isn't your thing then imagine its some activity you would love to spend all day doing.

Imagine how much you would love doing martial arts practice, or some other activity you care about all day.

Then because you keep thinking about it, and it feels good to think about this activity you would like to do, you are in fact rewarding yourself for this obsession.

So you become obsessed with certain thoughts, just as you do with certain behaviors.

But you don't just become obsessed with thoughts you can easily identify as enjoyable.

When you are fantasizing about studying martial arts or perfecting some skill you are passionate about then it is easy to see why you would become addicted to those thoughts. Because you can clearly see why you find those thoughts enjoyable.

However the truth is you can and do become addicted to every thought you have. By simply having a thought you are in fact rewarding yourself for having that thought.

Why would you have a thought you wouldn't want to have?

Most people have had the experience of having a normal day, but then suddenly they start thinking pessimistic thoughts and before they know it they have thought themselves into depression.

Your thoughts have immense power. Your thoughts are a conversation with the universe so be careful what you think.

When you think negative thoughts you can easily become addicted to these thoughts. You might think you don't want to think about these things. But of course when you tell yourself not to think of something you just think about it even more.

I want you to do an exercise.

I want you to disembodify the voice inside your head that possesses these thousands of thoughts each day. Imagine this voice has become a person that

follows you around all day. Constantly next to you. Constantly talking about whatever they want. Their topics of conversation are completely random of course. Just as random as your own habits of thought, criticisms of reality, and daydreams.

Do this for at least 1 whole day.

Now ask yourself, is this the kind of person you would want to spend a day with? They constantly complain, criticize you, make you feel bad and randomly change topics. If this was an actual person most people would think they are crazy. At the very least you might not want to spend time with someone who speaks randomly the way that voice does. So why keep listening to that voice?

We have trained ourselves to act in a way society perceives as acceptable and yet the voices in our head are still trying to figure out reality and avoid pain. So it is a bit complicated.

But the truth is, this voice is you. Do you really want to live with this person and their random negative thoughts? Unlike the random thoughts of other people, your own thoughts have the power to change your emotions, bring on anxiety, depression, happiness, and deal with any challenge you come across.

You have more than 10,000 thoughts a day. How many of them do you actually control?

For most people their thoughts are just the same thoughts they had yesterday. They aren't contemplating new ideas. They aren't making an effort to think more positive thoughts. This is because they are used to thinking the negative thoughts.

The negative thoughts give them a sense of identity. They are used to criticizing themselves, they are used to the anxiety and fear of expressing themselves honestly with the world. And even though it hurts. They become addicted to that pain.

They convince themselves that pain is who they are. They identify with the pain. You see this all the time in severely depressed people. Their association with pain as their life is so deeply etched in their identity they feel it is impossible to change without the help of medication. If you want to rely on medication, it is your choice. And for some people overcome the negative thoughts and trauma they have endured may be immensely difficult, and we

could argue what is possible or impossible on a case by case basis.

But the truth is the majority of people suffer from negative thoughts only because it is their habit to do so. It is a defense mechanism usually developed at a young age to help them cope with experiences they feel are painful.

Before long, these negative ideas are controlling their lives. They don't feel like going out to socialize, make friends, and face new challenges.

Of course we can't get inside the head of every person. And also it is normal to have negative thoughts.

Just as we've mentioned before, without the ability to form negative opinions we wouldn't be able to assess dangers rationally and we would all die.

So forming negative thoughts is essential to our survival.

So the basic idea is to not let these negative assessments of reality take control of the majority of your thoughts as they take a lot of your energy, and nutrients to deal with problems. Stress, negativity, and anxiety all rob your body of the nutrients that give you energy and let you wake up feel well rested within a period of 6 to 8 hours each night.

The more time waste on unnecessary negative thoughts the more time you will spend asleep as your body tries to deal with problems your thinking habits have caused.

I'm sure you've had the experience of waking up and then just going back to sleep because you have no motivation to get out of bed.

Maybe you wake up and think, "Oh I need to go to work today, I'd rather be asleep." And then you close your eyes for a few more minutes or hours of pain free unconsciousness.

The thing is this all pain only exists in your imagination.

It is a construct of your mind.

No matter how bad you think your circumstances are, the pain you feel is only a construct of your mind.

These mental constructs can be useful tools.

Without them society would not advance. We would have been content to live in small tribes hunting wild animals for food.

But then we started forming opinions about what's the best way to live and behave. Gradually our societies became increasingly complex because our mind is capable of forming opinions about what's best for us and what isn't.

So when you have a specific task, it's useful to have the ability to assess what method will be the most efficient to accomplish it.

But we can get so stuck in our self-imposed pain that we forget how to live.

All pain is in your imagination no matter what has happened to you. You lose a relationship, a loved one, your house burns down, you lose your job, you break your arm, are these good or bad things?

If you've read this far into this book I'm sure you can agree these things are neither inherently good nor bad. Good and bad don't actually exist. The events just mentioned are just events. These things have happened.

Unfortunately, most people are unable to see this nuanced and accurate view of reality. There is divided into the black and white, the good and bad. They must categorize every event because it is in their nature to do so and they can't even contemplate the idea that there might be some alternative.

When most people see the list of events just listed, your house burning down, losing a loved one etc., they would say, "yep them things is bad."

But why do they perceive, "them things" as bad?

It's because they are used to this habit of viewing reality in the good vs. bad dichotomy that has allowed humanity to survive and thrive up to this point.

Maybe you can logically agree that yes all events, including, loss, damage to property and self are mere events with no inherent good or bad and we just label events as bad so we form a habit of knowing what to avoid. However it is very challenging to break out of this habit and seeing beyond our interpretations of pain.

You probably understand all this by now. But what will happen when your spouse leaves you, you lose your phone, or when something much worse happens?

Having emotions is of course acceptable. Expressing yourself is also acceptable.

You might be able to make the argument that when someone you love dies

the socially appropriate thing to do is mourn and you would be psychopathic to feel no emotions.

But where does that opinion come from?

It also comes from your habit of forming negative and positive opinions about the world. And as social animals, we are always scared of what behaviors could make us shunned by society and what behaviors will allow people to accept us.

It's a beautiful act really.

Millions of people behaving in socially acceptable ways just because they are so focused on gaining the acceptance of others.

How many rules do you follow each day?

How many rules do you avoid breaking each day?

It's all because you are used to making judgements about what will help you survive in society, and gain acceptance.

There must be things you have wanted to do but wouldn't be socially acceptable.

Breaking social norms can be fun. But you think it's scary because you see it as a risk to your survival.

There are however several psychological conditions that lead to people losing access to their previous judgements about what is socially acceptable.

They may run around in the street naked, or do other things most people would label as inappropriate.

In certain instances maybe we can respect this state of mind for the level of freedom it actually has. It recognizes that there is no good or bad and that all rules are just nonsense we've made up to keep the world comfortable for sensitive people.

Are you bothered when you see someone acting very different than most people in public? Such as singing to themselves, dancing in the street, or having the confidence to do something you think you would never do?

Don't you get a feeling in your gut that this behavior just isn't right?

I would love to travel the world with a group of friends and start breaking

social norms everywhere we go. Performing music, and other funny acts in public places, and showing people how much their lives are just the habits they have learned to cope with the human experience.

People who are capable of seeing beyond the limits of what society dictates as good and bad are closer to real freedom. At least they can express themselves, challenge the norms of others and be creative.

It's a really liberating experience to break out of the limits you believe society has placed on your behavior.

So how far do you go?

Do you go as far as the guy everyone thinks is crazy because he runs around with no clothes on?

I wish it were possible to be that free, and still be self-aware enough of all the rules of society to know when it is acceptable to break these rules and when they must be followed so everyone may feel comfortable and safe.

In this way it is a discussion of your own freedom versus how your actions affect others.

Your opinions have no power to offend anyone.

They are just opinions.

If someone is offended it is their choice.

So you should feel free to express yourself.

I would however recommend learning some tact. As this allows you to combine your freedom to express yourself with consideration to others.

Though you could argue that tact is bullshit and just another rule of society to protect weak and sensitive people, most people don't understand this concept of real freedom versus the social contract.

Observe people who express themselves very directly. Such as bosses, managers, and any kind of leader. These people usually need to be very direct, give commands, and say what is necessary. If you don't like the way one of these leaders criticizes others ask yourself why and find a way to do it better.

I once worked for a manager who was very rude in her direct criticisms of

people's work. And yes I let it affect me even though I didn't need to, but still I felt her lack of social skills to be very inappropriate.

Being forced to follow all the rules that keeps society running will only make you unhappy if you let yourself feel stifled. There must be some things you want to do that others might say are impossible. And at the same time is important to get as close to the level of freedom you actually desire. Otherwise you will never be happy.

So you must balance your desire for acceptance in society with your desire to be free of society.

If you are too free, then you won't be allowed to interact in society and will either be killed or thrown into a psychological hospital. Not necessarily of course, but it is a possibility depending on how you express that true freedom.

If you allow your entire identity to be formed around the desire to be accepted by everyone, then you will actually have no identity or creativity. You will only be a cog in the wheel of society, forming a simple function, your job and maybe making a baby to continue the species. If you are truly happy devoting yourself to a life like that, then go ahead. I think people like this actually exist. And they must exist, because the world is not yet developed enough for most people to have an increased level of personal freedom.

But if you are not living the life you want, you must be willing to break free of some of the rules society has imposed upon you or else you would never allow yourself to view your life as a positive experience.

Such as a person who is always nice to everyone because they are constantly afraid of being disliked. They are constantly seeking everyone's approval.

But approval seeking behavior has the opposite effect.

Nobody really likes you because nobody really knows you. Maybe the majority of people can tolerate you because their opinion of you is neutral, but constant approval seeking prevents people from really getting to know you.

Would you rather be tolerated by the world, or loved by a few great people who really understand you?

I really pity you if you would choose to be tolerated by most people at the expense of really being understood and respected for who you are.

You don't need to be liked by everyone.

Other people's opinions of you have no power over the reality of who you are at all.

How would you implement it into your life so that you can stop unnecessary negative thoughts that impact your emotions and prevent you from expressing yourself?

This is where we need to become more mindful of our thinking.

Whenever you notice you are thinking something negative, or criticizing yourself, remind yourself you want to "change."

Make that a new habit.

Being aware of how you are treating yourself, and making a conscious effort to change may be all it takes to think in more beneficial ways.

Here are a few steps to thinking more positively:

1. Recognize negative thought patterns

Negative thoughts are repetitive and unproductive.

You can form a craving for negative thoughts as you can form a craving for any experience.

You can recognize your triggers if you pay attention.

Maybe it's being in a rush to get somewhere, waiting in line when you are in a hurry, getting criticized, bad weather, someone being rude to you or anything you don't like. Obviously, these things can trigger negative thoughts. Not only because you interpret these things as bad, but because you are used to having these negative thoughts.

They aren't original thoughts.

They are the same thoughts you have had before and you have become addicted to them. They are unconscious habits.

Repetitive negative thoughts also have no purpose except to remind you of things you don't like.

When you have negative thoughts, it triggers your negative emotions. And then emotions trigger even more negative thoughts. It becomes a painful cycle.

Once you can start recognizing these negative thoughts you can choose how to react to them.

If you worry about bad things happening, your health deteriorating, or anything unfortunate to happen in the future you are just anticipating misfortune.

Or maybe you criticize yourself for things long in the past.

Negative self-talk often results in low self-esteem and hurts your confidence.

To compensate for these negative patterns people have their various coping mechanisms. Maybe they try to gain validation and recognition from others. Their entire sense of self-worth begins to revolve around how much positive attention they receive from others.

Other people may feel so debilitated by the habit of negative thinking that they are incapable of accomplishing anything.

It's interesting how debilitating a single problem can be to a person's emotions. If your car breaks down, yes it causes a few more problems. How are you going to get to work before it is fixed? How much is it going to cost? Are you going to have enough money for rent after repairs?

You get trapped in worries and anxiety. Actually, you just need to assess what your next move should be. Even after deciding on a solution and preparing to resolve the situation, why do these negative emotions persist?

You become focused on the negative and don't realize how many things in life are actually going well. But even more importantly you don't really how many these things you don't need to worry about at all.

Obsessing over desires is what causes your pain. Pain is resistance to the present moment.

Real happiness is a blissful belief that everything is perfect in the present moment combined with a lack of concern for the past and future.

Wanting anything implies you believe your life is incomplete.

It's great to have standards.

I think we should all have standards for our food, careers, relationships and health. Otherwise we would happily consent conditions that prevent us from fulfilling our potential.

Would you rather be a happy slave, working 14 hours a day and with no entertainment or friends at all, or would you rather be miserable while living the most ideal life you can imagine?

The easy answer may appear to be the happy slave. He interprets everything

positively. Nothing can break his high self-esteem.

But choosing this answer implies two things:

1. You value your emotions over your circumstances
2. You have low standards for yourself and the world.

If positive emotions were our priority we would be happy no matter what is happening to us.

We wouldn't have any standards for how we exist and we would be content to live life in tribes, slavery or even worse conditions that would inevitably lead to our annihilation.

So the choice of being miserable in a logically ideal life makes more sense because at least it is making progress towards an acceptable life that could be labeled as perfect and thus leads to good emotions for a reason.

So this shows not being satisfied with life and the world is a completely natural behavior that helps us improve the world. Emotions are secondary to our ability to modify our environment.

The problem is when these emotions take over our ability to alter our circumstances. When you are constantly worried about what you are lacking it can stress you out and lead to anxiety. By recognizing this process you are taking the first step to building habits of more positive thinking.

2. Keep a record of your thoughts.

It would be convenient if negative thoughts would go away just by ignoring them.

So how do you authentically feel and think more positively in response to the

triggers that usually bring on those thoughts and emotions?

To free yourself from negativity become more aware of what is going on in your mind. Pay attention to your reactions.

If you are especially troubled by negative thoughts it would be helpful to keep a record of your negative thoughts in a notebook.

Every time you have a negative thought, write down the time of day and the trigger that set it off.

Most people aren't even aware of what triggers their negativity. It's just a habit they've had so long that they forget why they feel like that all the time.

By keeping a record of your negative thoughts, and any habit you want to change, you are bringing your conscious attention to your behavior. You become conscious of why you are doing things. Your behavior becomes more than an automated program.

You become the silent watcher. In this way, thoughts (and emotions) immediately start to lose their hold over you.

When you catch a negative thought, or realize you have encountered any of your triggers you can make a decision about how to react.

Face your thoughts.

Accept them.

However it is your choice how to respond to them.

3. Choose your thoughts wisely

Remember when we talked about how to build a habit of waking up early. We mentioned how you need to recognize your cue (the alarm clock), routine (getting out of bed) and reward (morning routine, chocolate, etc.)

By using a system like that you gradually change your previous routine of sleeping in.

It turns out that for any habit you have you can change your routine as long as you keep the cue and reward the same.

So for smokers, maybe their cue is some stressful situation at work, their routine is to go take a cigarette break, and the reward is relief.

There may be several cues that lead to the desire for different rewards that the routine of smoking provides. But for the simplicity of explanation let's use the example just mentioned.

The smoker is probably completely unaware what cues are triggering his desire for relief from a cigarette. It's just become a habit. But by simply choosing to pay attention to his behavior he can easily recognize why he does so.

If he can recognize that what he really wants is relief, not necessarily the cigarette, then he can replace the cigarette with someone other activity that provides relief whenever he encounters some stressful trigger. Perhaps he can have a conversation with a coworker, go for a walk, meditate 10 minutes, or find any alternative that provides the relief he wants.

This method is how you can change any habit. So it should also work with changing your thoughts.

For observable behaviors it might be easier to realize what your rewards are. Such as letting yourself eat chocolate every time you do your homework.

But for negative thoughts, it might take some contemplation to discover what reward this destructive behavior provides you.

Here are some possibilities:

- Relief
- Feeling of self-comprehension
- Feeling of being understood
- Express fear
- Express desire
- Motivation to change circumstances
- Motivation to gain acceptance from others
- Motivation to avoid change
- Convince oneself they are right

After developing some awareness of what you feel you get out of negative thoughts, you can start thinking of alternative thoughts that will give you the same reward instead of constantly allowing negative thoughts to create more negative emotions.

A common perceived reward of a stressful experience may be the perception of relief from the experience.

But there are most constructive thoughts and activities that can bring relief. Instead of focusing on the negative experience how about doing some activity you enjoy to relax instead. Reading a book, or watching a movie could help get your mind off of some situation like that. It sounds simple, but it could work.

More importantly though, you should be training yourself to react to these triggers in your life with more positive thoughts that bring the same reward you think your negative thoughts do.

Perhaps you are worried you are about to be fired. What's your reward for thinking about this situation negatively? It probably depends on the person, but let's assume this gives you motivation to avoid change. You are comfortable with your current circumstances and are afraid of change.

So why not just focus on the motivation? You could work hard, maintain friendly relationships with coworkers and maybe you'll be fine.

You can't control reality, but at least you can control your thoughts about reality.

You could even make an effort to convince yourself that change isn't so bad and it would be an opportunity to try something new that you can actually get excited about.

By making a decision to focus on the positive you can simultaneously prepare a plan for the worst while hoping for the best.

With time, you can and will change your habits of negative thinking.

It's absolutely possible.

The simple stresses of life will no longer be as destructive to your emotions and health.

However, it is likely that once things are going smooth for a while, eventually you will encounter some event you are not used to and you will fall back into old habits of negative thinking that you have previously used to cope with all the experiences of the past.

The real solution to this is to believe you can make real change. Not just hope you can do it, but to really believe it. In fact your belief doesn't need to be rational, based on fact or anything. It can still be effective.

You probably know this as the placebo effect.

Religious people may attribute their [success](#) at giving up alcohol and other vices to a god.

Science didn't accept that explanation for a long time because it wasn't testable therefore not provable. You could just as well attribute your recovery to Homer Simson or an extinct dinosaur.

After all, there are plenty of alcoholics who regularly attend church.

In 2005 a group of scientists associated with UC Berkley and the national Institutes of Health asked alcoholics about how their religious beliefs affected their addictions.

They found that many of these alcoholics could change their habits temporarily, until some stressful event happened and they went right back to drinking to cope.

However other alcoholics who believed some higher power was responsible for their ability to cope with the stresses of reality were more likely to get through stressful events without going back to those old habits.

In fact, it seemed to be people who believe they had completely changed who made real progress.

Religion wasn't a necessary prerequisite to permanent change.

It was the solid belief that real change was occurring that made the difference.

Some people are determined to believe and engineer their own failure and destruction. They believe it's impossible to change because it's easier to give up on trying.

Just understanding this process is no guarantee of [success](#). Nobody is claiming changing your bad habits is easy.

Real change requires determination and hard work.

By understanding how new habits are formed we simply have a better chance of changing our lives for the better as long as we follow through and genuinely believe real change is inevitable.

Meditation

Meditation is an effective method of gaining control of your behavior, thoughts and emotions. With this emotional control comes diminished strains on your immune system, heart, brain and mood.

I highly recommend adding at least 5 to 10 minutes of meditation to your daily routines.

As long as you can commit to making meditation a long term habit you will experience many benefits.

Gaining control of your emotions should be a priority.

Otherwise it is your emotions in control of your thoughts and behavior. If you have better command of your thoughts, you have more control over your emotions.

Instead of indulging in every urge to eat junk food and waste time, you will be able to question those urges and quiet them when you need to focus on your success. That is my experience of regularly practicing meditation.

With control comes calmness.

With regular meditation the body gets a chance to take a break from negative thoughts that drain energy and the body's resources.

Let's imagine your body is a car.

When you allow your emotions to take control of your behavior it's like letting the car drive itself.

Where is the driver?

You should be driving your car.

You should be consciously choosing your thoughts and emotions.

However this can be a challenge when we are stuck in the habit of letting the car drive itself.

With practice meditation can help alleviate this situation as you develop mindfulness.

There are many established benefits to meditation:

- Enhances your emotional well-being
- Decreases anxiety and depression
- Improves resilience to pain and adversity
- Increases optimism
- Improves mood
- Increases mental strength and focus
- Improves memory
- Better creative thinking
- Helps you ignore distractions
- Improves immune system
- Reduces blood pressure
- Helps heal inflammatory disorders
- Improves brain and heart disorders
- Increases your energy

There are many more benefits, but we don't need to create a comprehensive list to convince you of the benefits. Especially to your energy levels.

You don't need to be determined to achieve enlightenment to enjoy the many benefits of regular meditation.

But even after people can acknowledge how beneficial meditation is, why do they still refuse to develop this habit?

The simple answer is they are already addicted to their daily routines. They dismiss meditation because they don't yet believe in the benefits.

Once you experience the benefits, you would realize it is a worthwhile habit to develop. You don't need to take the word of regular meditators or the research backing up the benefits, you can simply try out meditation for yourself if you don't have a regular meditation habit yet.

Meditation would take away a chunk of time most people would rather spend on their cravings for other stimulation, such as TV, food, and internet browsing.

I have friends who say meditation is just a waste of time. But this is only because they have never practiced meditation themselves and haven't yet experienced the benefits.

For them, meditation has not yet been recognized as the reward it really is.

With meditation you have a chance to break free from your habits and emotions.

If you want to wake up energized every day I really recommend meditation for at least 10 minutes before going to bed, and again after you wake up.

Is every moment of your schedule really so packed each day that you can't devote 20 minutes to healing your mind, emotions and immune system with some relaxing meditation?

Probably not. There are no legitimate excuses. Your only reasonable explanation is that you are addicted to your other habits. How unfortunate.

You can find the time though.

Or at least choose to spend less time on some activity that you don't actually get much value out of.

A friend of mine recently gained an extra hour for productivity each day after deleting several apps from his phone that constantly wasted his time.

Think about what things you can eliminate from your life and focus on the essentials. Try out new things such as meditation for a while and see which things really add benefit to your life.

To get started you simply need to find your motivation for building this worthwhile habit.

There are many different kinds of meditation.

In the most basic form you sit or lie down in a comfortable position, close your eyes, and pay attention to your thoughts. Don't try to control your thoughts, just let them go wherever they want and pay attention to what is happening.

This is the basic process of developing mindfulness.

You don't need to memorize some complicated meditation techniques to experience the benefits of meditation. However when you realize the benefits of basic meditation it might be helpful for you to research more advanced meditation practices to help you on your journey of improving yourself.

Basic Meditation:

There are many different types of meditation. Each with variations that are supposed to help alleviate different burdens or help you improve in different ways.

An effective style of meditation involves visualization. Basically you imagine you have already achieved everything you want in life. Remember you can only achieve goals you have set. A homeless guy asking for a quarter will only get a quarter. So literally ask the universe for as much as you want. And then give thanks for it. Feel gratitude as if these visualizations have already occurred.

I've read a lot of books about meditation. Some forms are overly complicated. Some authors write a long list of 50 or more steps for what to imagine, feel, and how to breathe at which point in the meditation. I'm sure some of those forms of meditation with a long series of steps can in fact be very effective.

First memorizing the first few steps the first week then a few more steps the next week and so on until the process becomes routine.

Go ahead and look for information on those types of meditations if they interest you. I'm sure they are very beneficial to many people.

However, I've always felt it was more complicated than it needed to be.

I do like how having a series of steps during meditation, breathing, and visualizations, and imagining certain positive visualizations can distract you from how much time is passing, which is great if you are still worried about being disconnected from your usual routine.

However I don't want to overcomplicate things and risk turning you off meditation if you've never seriously tried it before.

Meditation is very simple and so here I want to provide some simple suggestions for how to benefit from usual meditation.

It's important to set regular times to your meditation practice each day as this helps you to associate that time with your relaxing meditation practice.

As mentioned I recommend adding meditation to your morning and bedtime routines. This will make it easy to remember.

It can be relaxing to stretch first to loosen your muscles and tendons. If you can, find a place that you can devote to meditation, such as a certain chair or comfortable spot in a room. This will help you to associate this location with the relaxing states of meditation.

1. **Sit in a comfortable position.** (Unless you want to challenge yourself with an uncomfortable position, your choice.) Take a few slow deep breaths.
2. **Bring your attention to your body.** Pay attention to your senses. What do you feel? Slowly shift your attention from your feet up through the rest of your body. This is to transition your mind into a more relaxed state by first paying attention to how your body is sensing the world and how you are feeling.
3. **Observe your thoughts.** Once you are relaxed you can move on to the next step. This is how you develop mindfulness. You don't need to try and control your thoughts. Some forms of meditation do however involve the practice of focus. During that form of meditation you would imagine some shape or image and focus only on that for as long as possible. Whenever your mind is distracted you bring your thoughts back to the image you are focusing on. That is effective at developing focus and you may try it if you like, however it is not necessary to experience the many benefits of meditation.

Simply being aware of your thoughts as your minds drifts is enough. When your mind wanders, just tell yourself its ok and come back to relaxing. There is no need to resist any thought or sensation. Just let it all happen.

Pay attention to your breathing. Breathe in, breathe out. Don't try to control it, just let it happen naturally.

Don't stress yourself out about not seeing results immediately. It can be tempting to dismiss meditation if you only try it once or twice. However I guarantee that with daily practice, within a month you will notice a difference in your life and energy.

I've felt it myself.

With daily practice of meditation, the stresses I felt no longer bothered me as much.

I started feeling more positive, and negative thoughts were less frequent and started to only appear in reasonable situations.

It really helped me and has helped lots of people. So there are no legitimate excuses for not trying it for at least a month to see for yourself how it can change your life.

Observe how simple yet effective meditation is.

You don't need to make it any more complicated than you like. You will still experience many benefits to your health, mind, and importantly, your level of energy.

You might eventually come to a point where the habit of meditation becomes less of a priority to you. You might decide to skip it for a few days for whatever reasons, and then skipping it becomes your habit. You become wrapped up in the world of doing things and your habits start to take control of your life again.

This is exactly when you should force yourself to slow down and continue meditation. Take a break from reality. It doesn't need to stress you out so much.

The only way for you to really see what regular meditation can do for your mood and energy is to try it out yourself.

Advanced Meditation

Meditation is easy.

You just sit down, close your eyes, and listen to your mind talk with itself.

Your basic meditation sessions may last anywhere from 10 minutes to half an hour and then you come out of it at least a bit more relaxed and ready to tackle your responsibilities.

But I want to share with you a more advanced form of meditation that can train you for reinterpreting pain and various frustrations in life.

Before I tell you how to do it, I need to explain a few things so please pay attention.

Do you remember earlier we mentioned the Marathon Monks of Mount Hiei? Why do they walk hundreds of kilometers for many consecutive days for nearly a dozen years?

Surely they must be experiencing pain, hunger, desires to be doing something else, and a few other frustrations right?

Well, it's possible.

But it seems they do not interpret these sensations negatively.

Remember that pain is growth.

What would happen if you had a completely pain free life? Maybe you were born with that condition where your pain receptors don't work. Well that's a cool super power isn't it!? You can fall down, break bones, get punched in the face, and none of it will hurt!

There would be damage of course, and many accidents as you were sure of the effects of any action you take. But at least you won't be able to feel it.

Then one day, a doctor tells you, *"Hey buddy, we've developed a new treatment that can turn on all your dormant pain receptors! You would finally be able to feel pain!."*

You decide to give it a try. Of course it's successful. You tap the back of your hand gently on the wall to test out your new ability and think to yourself, **"wow, so this is pain."** But that wasn't a real test, your pain

receptors haven't even been engaged yet. Then later you are cutting some vegetables and accidentally cut your finger a little. You suddenly scream in agony. *"Oh shit I cut myself! I'm dying!"* You fall to the floor. Tears flowing out of your eyes as you can't control your reaction.

Pain wasn't a part of your reality. In fact pain doesn't need to be part of our reality. We have the ability to feel pain because it prevents us from doing stupid things that would damage ourselves and generally indicates to us when there is a problem. I'm sure there are a few other reasons for pain, but that is the most obvious one.

It wasn't even a deep cut. Your finger is barely bleeding, but because you never felt pain before you have no reference for the level of pain you can actually endure.

This metaphor applies to every kind of discomfort. If you are focused on avoiding pain, then you are resisting the present moment.

Pain is resistance to your current situation

All discomfort is resistance to your current situation

So instead of resisting, you should accept the present moment.

By accepting your situation, you no longer interpret it as painful, uncomfortable or annoying.

It is that interpretation that makes it painful.

This may sound like an oversimplification. But it is a simple truth. Believing it is what takes effort.

So those Marathon Monks of Mt. Hiei are intentionally facing and accepting all kinds of discomfort. They have some impressive spiritual goals associated with this process. As we mentioned before, part of this process involves a week of meditation, during which the monk is not allowed to move at all, sleep or eat. That's a week of constantly accepting the most natural discomforts that plague most people. If you think it sounds like torture that is only your negative interpretation you have trained yourself to view such activities with. To them it is acceptance of many truths. Many people would predict you would die trying something like that. But these monks haven't died. They embrace that week of sleep deprived meditation as part of an intense process they have devoted themselves to.

I wouldn't suggest something that intense.

But the basics of intense meditation, is to sit completely still for at least one hour.

Sit in a comfortable position and stay there. Don't move at all for as long as you can. See how long you can stand complete stillness before the aches and itches in your body prevent you from continuing.

If you feel an itch don't scratch it. Just accept the itch. You may be surprised to find that within a minute or two most itches will just disappear on their own.

If your feet, legs, ass, or any part of your body begin to ache, resist the urge to change positions. Accept the feelings you feel.

Resist the urge to change the position of your head.

This kind of meditation teaches you to accept reality no matter how it is.

In fact, it teaches you to reinterpret discomfort as not being uncomfortable at all.

You learn to accept adversity, annoyances and a bit of pain.

This is the super power you should really want. It's so much better than the inability to feel pain at all.

So how long can you endure of this type of meditation? Most people seem to be barely able to endure 10 minutes.

They are used to resisting discomfort and avoiding pain.

It's a useful survival strategy. However it's often much more uncomfortable than it needs to be.

Most annoyances in your life don't need to affect your emotions as much as they do.

So you are late for work? So what? Be late. It's just a job.

So your boss yelled at you for being late? So what? Assure him you won't be late again, make an effort to be on time and move on with your life. Why does it need to stress you out?

There must be more examples like that in your life. Minor annoyances that you interpret as uncomfortable and constantly resistant. That resistance is

what makes you feel negative emotions. Those negative emotions drain your body of nutrients essential to producing the neurotransmitters that provide positive emotions.

By accepting the present moment, you are allowing yourself to feel more positive, and then have more energy in your life.

How long you can endure this kind of meditation?

5 Minutes – Did you even try?

You give up easily when facing a challenge. You are easily frustrated when things don't go your way. You may lie to yourself and say you can sit here for an hour if you really wanted to, but the first time your nose really starts itching you are scratching hard. You might also tell yourself that one itch you scratched is a freebie and thus didn't count. So you refuse to start over.

10 Minutes - Average

Sometimes you give up on new things when you feel it doesn't suit you. But at least you give a real effort. You really wanted to meditate in complete stillness for an hour, and you managed to get past a few small itches. You can get through some challenges that other people whine about. However some big challenges require you to make a bigger effort to actually achieve [success](#).

30 Minutes – Experienced Meditator

Maybe you haven't been meditating for years yet, but you have been practicing meditation daily for at least 2 weeks. You are starting to realize you can stay calm in some situations that previously annoyed you. However your habits of resisting discomfort keep coming back. Eventually you will give up when the pain is too much.

1 hour – Yoda

You have more than a few weeks of meditation experience. You might be a bit neurotic about training yourself to resist pain. You are more honest with yourself than many people. You are able to overcome many difficulties but you can at least admit to yourself when something becomes too challenging for you. You also start to feel more energized no matter what discomfort is present in your life.

2 hours - Superman

If you can sit completely still and resist the urge to move for 2 hours then you are definitely starting to feel some changes happening within you. Any discomfort you feel in your chest may start to loosen up and you can actually feel this happening. You are becoming more sociable and tolerant of

previously annoying nonsense. You have accomplished a few great things in your life, but there is much more you dream about accomplishing. Your challenges are numerous, so choose that ones you are more passionate about.

4 hours – Buddha

If you can do this for 4 hours you might be enlightened. You will definitely experience something. You will also find you are becoming much more positive than before. Why are you suddenly being so nice? It isn't necessary to meditate this long in a single session to gain all the benefits we have been discussing in this book. But hey who knows what could happen if you make this your goal.

8 hours – Master of the Universe

Congratulations. You are in complete control of your emotions. Nothing bothers you. Luckily you can still behave appropriately depending on the situation since you are still a human being interacting with other people. But the discomforts that used to trouble you are seen for the events they really are.

I recommend trying this form of advanced meditation after you have been practicing regular mediation for at least 2 weeks. Though I'm not your boss so go ahead and test yourself to see how long you can last.

After you can handle normal meditation for 20 minutes a day then aiming for an hour of advanced meditation several times a week will likely benefit you. It is of course a habit that works best over time. The longer you have spent practicing the more benefit it gives you. The more you are able to accept the present moment without judging. But it takes time to cultivate these things as meditation rewires your brain.

Trust that it can help you and eventually you will start seeing changes in your enthusiasm for life and consequently your energy. Lack of energy is often just a symptom of other problems in your health and psychology. When you make an effort to treat what is ailing your mind and body, fatigue will give way to a more enthusiastic attitude.

Free Bonus Chapter 1: Self-Control

This is a free bonus Chapter from my book:

[10 Days to Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower.](#)

I've decided to give you this free bonus chapter as a gift because self-control and self-discipline are essential to developing and maintain the best morning routine possible. Please enjoy:

How do you react to the temptation to eat some more cookies, smoke another cigarette or do whatever unhealthy activity you are convinced you need to be happy?

Unfortunately it's easy to reinforce these unhealthy behaviors. Overtime these bad habits build up and prevent us from accomplishing anything. It's like a computer that overtime picks up nasty viruses that change its programming to do things that aren't in the computer's best interest.

People with superior self-control choose their words, actions, and even thoughts more carefully. So these things lead them in the direction they decided to go.

Fundamentally, your words and actions go back to your thoughts. And your thoughts are usually your reactions to the world around you. **[Successful people](#)** are more unreactive. They don't let the nonsense of life affect them. In fact, it is they who affect the environment. However most people are reactive to everything they encounter. They are constantly making judgments about what they like and dislike.

When they dislike something they let it affect them negatively.

This is helpful if you are actually in a dangerous situation. But most of the time you are not.

If you are constantly thinking about what you hate about your life, be careful, because these thoughts could be controlling you.

Knowing your goals is the first step. And by this point of the book I'm sure you've already written down your goals.

Also, keep in mind how your reactions either take you closer or farther away from your goals. When it is in your best interest to act on your emotional reactions, then it is probably acceptable to do so. Otherwise, there is nothing to worry about.

Your goals can guide you in the direction your behavior should go. Without goals you are a talking animal trying to accommodate the biological instinct for food, sex, and shelter. That stuff is great, but I want much more than that.

You should also know when to reward yourself for when you've accomplished something. This has been psychologically proven to reinforce behaviors you wish to keep. It works for pretty much all animals.

Basically habits are formed by a process of:

1 trigger

2 routine

3 reward

Let's say for example your alarm goes off in the morning. That's the trigger for whatever routine you have built a habit of starting at that moment. Perhaps your routine is to feel unwilling to get out of bed and go back to sleep another 10 minutes or even longer. Which is also your reward. So now you see how rewards should be used

carefully as they can also reinforce bad habits.

You could change this by firmly planting your feet on the floor in the morning as soon as you hear the alarm. This can become your new routine. And reinforce it with some reward. Such as a piece of chocolate, or watch an episode of a TV series you like. In fact any reward is ok as long as it is something you enjoy. Hopefully it is something that will also bring you closer to your goals though.

Whenever you do what needs to be done and finish a huge chunk of your new routine without distraction, you definitely deserve a reward. And this will also reinforce your comfort with the new routine. Eventually it won't even feel like "discipline." It will just be your enjoyable new routine. Trust me, it works, it just takes time to train yourself to believe it.

Conversely, you should also be willing to give yourself penalties for not fulfilling your commitments. This can mean skipping your usual evening TV watching time to finish working on some project you procrastinated on earlier in the day. If you train yourself to get used to such consequences it will give you more motivation to follow your routines.

You know what you need to do. You know what you want to do. You also know what temptations can potentially interfere with your success.

My advice is always do what is emotionally the most difficult. At first this will be the biggest challenge you ever face, but after a few days you will start to get used to your new routine.

As you slowly start to loosen your previous dependence on these energy draining temptations you will come out of the fog and wonder how you could waste so much time, money, and other

resources on habits that gave you back no benefit at all.

Self-control is a muscle that can be exercised and built. Exercise it until it gives way. And then the next day work it some more and you should be able to be just a little stronger.

It takes willpower to keep you focused on your goals.

Where does happiness come from?

How satisfied with your life? How do you know when you are satisfied?

You might think your happiness will come when you get respect from someone, or when you finally get a job, or item you've always dreamed about having.

But when you focus your attention on external elements you will eventually be disappointed. When your happiness is dependent on everything outside you going perfectly then your emotions are never in your control.

Imagine you meet an attractive woman and you have a long, fun conversation. How will you feel after that? Probably pretty good.

Now imagine the next woman you talk to is extremely rude and starts criticizing you and embarrassing you in front of other people. How would you feel then? Would your good feelings suddenly turn negative?

If that's so, then your emotions are constantly at the mercy of whatever is going on around you. It's like you are a tiny boat floating around on the ocean. Sometimes it's sunny and a calm sea. You can relax and feel like life is perfect. But as soon as the weather changes a little your tiny boat is ripped apart by huge waves and other nasty conditions.

You want to be like a massive, immovable rock sticking out of the water. No matter how bad the conditions get outside the rock just sits there and isn't affected at all.

Your emotions are always your choice. When you train yourself to associate all emotions with whatever is going on outside you then you are just that weak little boat dependent on the good weather

outside to feel good. Alternatively, you should start training yourself to become the rock. Become aware of your reactions to things. This will help you realize when your reactions are unnecessary and do not help you.

We are discussing this again because it is very relevant to self-control.

If you associate your “happiness” with things outside you that don’t actually give you any benefits, then you deluding yourself into wasting your time and hurting your health.

Imagine someone who is addicted to smoking, yes maybe they associate that action with stress relief, but in actuality this association is hurting them more than it is helping them.

As an intelligent human being you can make choices for yourself about what you want to associate with happiness, stress relief, and enjoyable feelings.

If you have the routine of smoking in response to stressful situations, you could replace that routine with something that is more beneficial to you. Such as doing some exercise, hitting a punching bag, practice a musical instrument or some other skill, or learn about some topic that really interests you.

Slowly this new reaction will become your new routine and you can associate these positive feelings with something that will actually improve your life.

It will take some effort and time, but it is possible.

And again, let’s go back to the boat and rock in the ocean analogy. When you become that rock and you feel confident and happy no matter how good or bad the outside world is, then it becomes much easier to change your poor habits into ones that are beneficial to

you.

If someone can only feel the slightest bit of what they perceive as happiness by unhealthy, time wasting habits then this addiction prevents them from ever experiencing real happiness.

A lot of people recommend regular meditation to help you develop this kind of internal confidence and happiness. As mentioned before, it's beneficial to include some meditation in your morning and evening routines.

A simple form of mindfulness meditation asks you to sit comfortably with your back straight and not pressing into anything. Pay attention to your breathing, the way you are sitting feels, your whole body, to any sounds you hear, the temperature, and all the details you are sensing.

After a few moments of this bring your focus back to your breath. Don't try to control it, just let it occur naturally.

When a thought occurs in your mind, acknowledge it, and let it go with your exhale. Wait for the next thought and let it go too.

It's an interesting meditation as it allows you to see how active your mind really is. Thoughts keep jumping into your awareness and it seems like random. This meditation is very helpful. As mentioned before, you can find many more fascinating meditation methods on YouTube, or just practice in silence for a few moments a day.

With practice you will slowly have more control over your emotions and they will have less of an automatic hold over what you feel.

Your energy can then be directed to the best direction to resolve whatever issues you need to work on.

Eventually, no matter what the problem is, you will be able to handle it.

Most people are unhappy because they have zero power over their reactions to the world. They are hypnotized by fears, worries and temptations into behaving in ways that aren't actually beneficial to their lives.

They might not want to do the things they do. An addicted gambler doesn't want to risk her entire life savings, her home and relationship with her family just to satisfy her addictions. But it happens.

Uncontrolled desires interfere with the logical parts of their brain. The emotional part takes control and demands satisfaction.

With self-control you can finally be happy. And it will no longer be a superficial happiness based on satisfaction of your external desires. It will be genuine happiness based on your internal desire to be satisfied with yourself.

With self-control you accept that there will be problems but you don't allow fears or paranoia to destroy either your progress or emotional well-being.

Developing a positive mindset will allow you to be open-minded to new solutions to the challenges you will encounter. Most importantly though, your mind will finally be free and you can find happiness and positive emotion no matter what you do.

Remember back to the diagram of the levels of consciousness.

At the level of anger people get frustrated at not being able to achieve their goals. They can get so depressed that they become apathetic. This means they have basically given up on success and feel that no matter what they do life is negative and unbearable.

I have seen this happen to many people. In university they have a dream to graduate and get their dream job. (Desire) but then they get frustrated that they can't do it (Anger). Reluctantly they take a job they hate just to pay the bills (Apathy). Perhaps they do find some success (Pride) but it isn't the dream life they envisioned.

They have lost enthusiasm for their life and dreams. Their aspirations have been replaced by negativity, anger, and attachment to their desires. But it is because they depend on these external devices to give their lives meaning that inability to satisfy these goals has brought such negativity.

With self-control you can eliminate these poisonous negativities that hinder your success.

You may have only a mild dissatisfaction with your life, but that could still be diverting your attention away from your path of self-growth.

How often has stress, or any negative way you feel served as an excuse to stay up late, or waste time on some activity like video games or TV just so you could stop thinking about something that was troubling you?

Avoiding the problem will not resolve it.

When you improve your self-control you can maintain focus on your aspirations and actually do what needs to get done.

Maybe I'm spending too much time convincing you how useful self-control is but I hope you realize how essential it is to achieving your life objectives.

Free Bonus Chapter 2: Motivation

Here is one more free bonus chapter!

I hope you are enjoying all this free value.

This chapter is also from my book:

[10 Days to Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower.](#)

I include this free bonus because motivation is also essential to building morning routines. Enjoy.

Life can be tough.

In fact we can guarantee that no matter who you are life will throw problems at you.

How do you ignore the negative thoughts when life can be so ruthless?

It can be really difficult.

Maintaining your motivation is vital to success.

It is also essential to find your own way to stay motivated.

To help you discover your own motivations let's look at your values.

Everyone has their own drives and values that bring them focus.

If you value health, you will make an effort to eat well and get your exercise more than a person whose priority is career [success](#).

It is essential to understand your relationship to your values as they determine which goals are most suitable to you.

Your values are determined by all the people, ideas and other

influences that have contributed to your identity. Through experience you realize what your priorities are.

When you feel a lack of motivation it's helpful to remember your goals, and also to remind yourself of your values. By doing this you understand what certain values motivate you more than others.

What's important to you?

Here are some examples:

- Health
- Strength
- Money
- Sex
- Career
- Relationships
- Friends
- Creativity
- Knowledge
- Compassion
- Power
- Spirituality
- Validation

You can probably think of a few of your own. Write them down in order of most important to you. This will help you realize which values are your priority. Think about what really excites you. Maybe you dream of having your own band and music is your passion, or maybe you just want to provide fun experiences for your friends.

When your goals are aligned with your values it becomes much easier to maintain motivation.

In general the things you care about most will be your primary motivators. In addition there are other factors like praise and social approval that can motivate you. However these are external motivators.

For some people receiving these external rewards can in fact

improve their performance. But do you learn to play guitar so people think you are cool? Do you build your physique just to earn people's admiration? Probably not. Though you might enjoy being envied, it likely isn't your primary motivation.

Like mentioned earlier, reward yourself for your efforts when it is necessary as long as you find it helpful.

However some people are more motivated by failure and setbacks. They see it as motivation to become even greater than they were before.

Be mindful of all the things that motivate your behavior. Pay extra attention to the motivations that bring you closer to your goals and make an effort to reduce dependency on motivations that take you farther away from your goals.

If you are honest with yourself you can clearly see what values are driving your behavior.

Your motivations may also change depending on your level of awareness.

If you are at a very low level and feel like it's impossible for you to do anything. Your motivation might be to find something to care about, or find some way to feel more positive.

If you are afraid of many things your motivation might be to build confidence to achieve your goals.

And if you are angry you might be motivated to change your conditions into something more beneficial to you.

And if you get to solid confidence/courage you might start to feel more motivation to contribute to the world and act fearlessly. At least that's the basic theory.

Your motivations may depend on what is going on in your life. But even more so they are determined by what is going on inside you.

You don't need to always feel positive feelings and think positive thoughts.

I've tried that, and I just feel an incongruence. However if I am in a good mood, positive thoughts are just more natural.

Action Creates Motivation

Many people are stuck in their lazy habits and hope that eventually they can wake up one day with extra energy and motivation.

Unfortunately it usually doesn't work that way. At least naturally. Motivation can't just magically appear. At some point you need to take action first.

And then you reinforce that action with some rewards, praise yourself for accomplishing something, and this will start building it into a new habit.

When you start to take action, you actually have a reason to believe you have motivation. Because you can finally believe you can accomplish something.

Keep Your Motivation in Mind

Isn't it annoying that some people seem to be constantly motivated to go succeed? They always seem to be in a positive mood and nothing ever bothers them. What is wrong with those people?

I really don't know.

But the best guess is that they've had a life filled with positive reinforcements.

Their parents, teachers, and friends have always reminded them how awesome and capable they are. This social approval fills them with confidence. And as they are in a more positive mental state most of the time, they also generally feel a lot more energy.

You may know that people suffering from severe depression feel extremely lethargic and don't even have the energy to get out of bed, shower, or take care of the most basic responsibilities. Their motivation is completely dead, and often they may lose the will to even live. Stress hormones act as sedatives, limiting your energy.

However you may not be familiar with the opposite state of mind. It's not happiness.

Psychologists call the opposite of depression "mania," because it is often accompanied by delusional, socially inappropriate behavior.

However what is most interesting is that this altered state of consciousness comes with such an intense amount of energy that people literally feel no pain, become fearless and feel they no longer need sleep for days or weeks at a time. Unfortunately this often leads to other psychological issues like psychosis and hallucinations. In fact people in this state often think they are deities. Including many atheists! It's not just a random delusion.

It's because they suddenly feel so much energy that they can't think of any other way to explain it.

This level of energy people experience in this state is so intense it's difficult for people who haven't experienced it to comprehend it.

But I just mention it to point out the connection between your mental state and level of energy.

When you are letting the world throw you down, and you are resisting the whole way, your energy will be reduced.

But when you are feeling more positive, and focused on providing to the world, then your energy increases. You feel more and more motivated to wake up early every day to accomplish what you care about.

Theoretically the amount of energy available to you is unlimited. You could be waking up after 7 hours of sleep a night or less and feeling excited to be living your life and you would be doing things you need to do.

You could do it, if you eliminated the stressors from your life and started to perceive things as more beneficial to you.

Learn from Your Failures

Even your mistakes and bad experiences can teach you a lot. Successful people learn from their mistakes and failures. They are just part of the path to success.

If you are afraid to take risks then you always fail everything you never even attempt.

You might be disappointed in yourself if you fail, but view this as a learning opportunity and you can figure out what to do next time.

Maybe you realized it's difficult to start waking up early every morning. No matter how hard you try you just can't immediately get out of bed.

So to fix this you start putting your alarm clock on the other side of your bedroom so that when you wake up you are forced to get out of bed to turn it off. And since you are already awake, you might as well start your morning routine and start accomplishing as much as you can for the day.

This way you've learned from your failures and improved yourself. By making this one simple change, maybe you've changed your whole life. Because now instead of sleeping all morning, you finally get started making your small business and actually make enough money to quit your job within a year and then you go have a lot of fun adventures you've always dreamed of.

I don't know about you, but to me getting out of bed a few hours early is totally worth it if it means I have a chance to earn my freedom.

Let Go of Negativity

We've mentioned this a few times, but let's reemphasize that negative thoughts will drain your energy, motivation, and ability to succeed.

When you hold on to anger and other negative emotions you are stuck in the past and can't move forward.

There's a story of two monks who were walking by a shallow river. An old lady tells them she wants to get to the other side and asks them to help her. So one monk carries her on his back to the other side. The whole time this rude lady is complaining. "You got water and mud on my dress! You almost fell down! You were too slow!" and then when the monk finally put her down on the other side, she didn't even apologize.

Later as the monks were walking, one says to the other, "What was that lady's problem? She didn't need to be so rude, we didn't need to help her, and she didn't even thank us."

The second monk says to his friend, "You put her down over an hour ago, why are you still carrying her?"

If something is in the past leave it in the past. Our imagination is very powerful. Think of a memory that made you angry and you can start feeling those stressful feelings again. But you don't need that kind of negative influence in your life.

Forgive people who don't support you.

Forgive people who criticize you.

Offer the victory to trolls who try to tear you down and slander you out of jealousy.

Let go of the need to always be seen as the best. It's just an

insecurity that drains your energy.

You Can Only Accomplish What you ask For

Tony Robbins was once approached by a beggar who asked him for a quarter.

“A quarter? That’s all you want?” he asked.

“That’s right, just a quarter.”

So he reached into his pocket and when he gave the coin to the beggar he said,

“You can only get exactly what you ask for.”

Ask the world for just a quarter, and that’s all you’ll ever get. Ask for a million dollars and the freedom to do whatever you want and you will be much more successful than the guy who is satisfied with only a quarter.

You will likely get exactly what you need in life.

Some of my goals I wrote down and I got exactly what I wanted. But at the same time, I wish that years ago I had made bigger goals. By now I would have accomplished even more.

It is a learning process.

But don’t be afraid to have big goals and elaborate plans to achieve them. Be realistic, but also don’t worry about dreaming a little bigger.

Don't rely on motivation.

We've just discussed the importance of motivation, but we should also mention the potential problem of being over reliant on it.

When you are connected with your motivation you are obsessed with achievement.

Nothing stands in your way.

You are invincible.

You are the Incredible Hulk devouring the sun like it was a piece of candy.

You can work for hours on a task without noticing how much time you've devoted to it.

But when something changes and that motivation disappears or weakens you no longer have the energy or desire to finish what you were working on.

However, you can fix this by relying on habit.

If you do not yet have the habit of being self-disciplined no matter what your mood is, then your priority should be building these new habits.

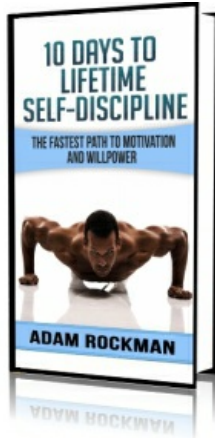
An easy example is your daily act of brushing your teeth. You probably don't see it as a chore. It's just something you are used to doing every day.

You don't need motivation to brush your teeth. Though the desire to have a clean mouth can motivate you to brush your teeth when it stinks.

It's just become a habit that you are used to doing.

You only see habits as chores when you begin. Eventually they

become routines. You may not even particularly enjoy them. Most people don't get high off of brushing their teeth, but they do it because it's their normal habit. Or you may in fact come to love your routines. Such as going to the gym every day, pursuing your goals and so on.



Check out [10 Days to Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower.](#)
For more information on how self-discipline will help you master your morning routines and life.

Conclusion

By now you have a clearer idea of how to create your own daily routines for building the life you want. You also have a better understanding of some of the challenges you need to face to maintain those routines. You will need to replace old habits with new ones that make you more productive.

What old habits do you wish to replace and what new habits do you plan on replacing them with?

- 1. What will your reward be for building each of these new habits?**
- 2. What is your plan for when you are tempted to break your new habit and go back to old ways?**
- 3. Which habit will you start with?**

If you are serious about living a life you can be passionate about then write down your bedtime and morning routines.

Write out a to-do list for each day.

And a to-do list for each month for your long term goals.

You should also have a plan for what you will do when you are tempted to give up on your new routines.

When you anticipate encountering pain, fatigue and temptation you can form a plan for how you will deal with it.

Just by thinking about this can make you much more prepared for [success](#).

Think about all the changes you want in your life including your desire for more energy, and choose the first thing you will change. Focus on that. Work hard on making it a reality.

When I first started this journey of tackling my energy, I didn't realize how the mind and body work together. Most people know that what you eat is important, but the thoughts you feed your mind are just as important to your health.

Sometimes I might still sleep in an extra hour or two. But only because I choose to.

At least now it is my choice. But the next day I always make sure I'm awake early, doing my morning routine and I'm ready to start the day. And the important thing is it isn't as difficult as it used to be. Because I have developed major routines to live my life by.

Having discipline to maintain productive routines is only scary at first because it sounds like hard work to build those habits.

It's only scary hard work because you aren't used to those habits.

If you wanted to pay me millions of dollars to give up my awesome routines and become a lazy slob I would still think it would be hard work because that isn't my habit. That isn't the way I am used to living my life.

No matter what habits you choose to incorporate into your life they will always involve hard work and sacrifice.

You need to consciously choose which habits to include in your daily routines depending on what is more beneficial to your long-term success and satisfaction with life.

Otherwise your hard work will produce a temple of turds.

Thank you for purchasing this book!

If you haven't gotten your free book yet then get it now!

How to Overcome Fear focuses on 8 Essential Steps to overcoming any fear.



[Click here](#) or the picture below to get your FREE copy now!

Thanks for Reading!

I hope this book has helped you to create a morning routine that you love. Remember to leave a quick review on Amazon. It's good karma and will make you feel good.

Recommended Reading:

Boost your brain, Dr. Fotuhi

Learn more detailed information about how to enhance your brain power no matter what your age is. A healthy brain helps to maintain your overall health and energy.

The Power of Habit, Charles Duhig

If you want to know even more about the psychology of breaking old habits and building new ones this book is essential. This book is focused on changing the routines of your physical behaviors. By changing certain unhealthy behaviors you can cultivate more healthy habits that contribute to your energy.

Breaking the Habit of Being yourself, Dr. Joe Dispenza

This book is focused more on changing your psychological bad habits, such as negative thinking, worry and fear. It includes some very effective exercises.

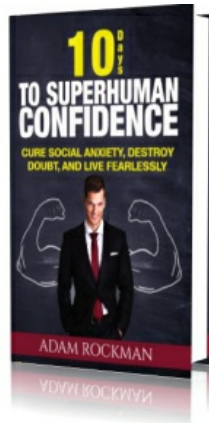
10 Days To Lifetime Self-Discipline, Adam Rockman

Build the mindset and habits to create lifetime self-discipline with this 10 day plan.

Break Bad Habits Permanently, Adam Rockman Learn how to break any bad habit and replace it with one that is more beneficial to you.

And check out my website www.evolvetowin.com

Other Books by the Author

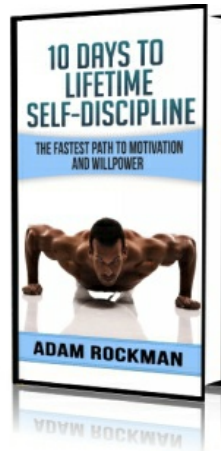


[10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly](#)

“It’s like the author was in my head and knew what has always been holding me back. I’ve wasted too much time trying to please everyone when I should first satisfy my own needs and goals to build my confidence”

— James Coney, Reader

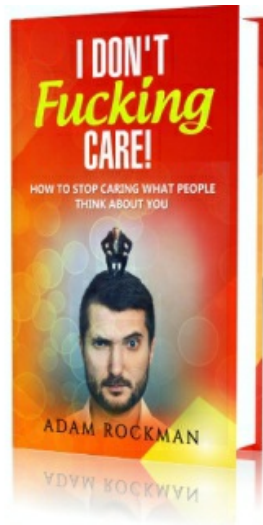
Other books by the author



[10 Days to Lifetime Self-Discipline: The Fastest Path to Motivation and Willpower](#)

“Procrastination has always been my problem. After reading this book, I forced myself to go to the gym. I bought an annual membership for a year and feel the power to be able to beat my fat belly.”

— Vasiliy



Other Books By the Author

[I Don't Fucking Care! : How to Stop Caring What People Think About You](#)

“This is the perfect book for me. I used to be very conscious of what other people think of me that I don't usually speak my mind and just hide in the corner. With the help of my family and friends, I was able to improve a little. When I saw this kindle e-book I knew I needed to read it. This book, hit me hard on the head and made me realize a lot of things I need to improve. I need to learn to love and appreciate myself first and just stop caring what other people think of me because in reality, they don't really care. What's important is how I see myself. Loved this book!”

— Lotte

**The Morning Routine:
Boost Productivity, Motivation, Energy and Stop
Procrastinating with the Best Daily Routines.**

By Adam Rockman