



LEFAVE COACHING
THINK DIFFERENTLY • SCALE EASILY

5 Morning Rituals

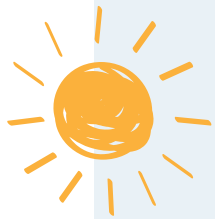
OF SUPER SUCCESSFUL
ENTREPRENEURS

When you own your morning,
then you own your day.



D A N L E F A V E

5 STEPS TO KICKSTART YOUR MORNING FOR SUCCESS



Starting your day with a "Morning Success Ritual" is the **most satisfying way to begin your day.**

Scientific research shows that we have better self-control and greater willpower just after waking up. A review of 83 different studies on self-control by researchers at the University of Nottingham and the National Institute of Education in Singapore proved that humans have a finite amount of self-control.

After you wake up, self-control, and subsequently the ability to get work done, is at its greatest. Your ability is slowly depleted during the day as both your psychological and physiological fatigue sets in.

Therefore, it is important to take advantage of your early morning productivity. A full night's rest and a healthy breakfast are a crucial part of any routine, but the morning rituals of successful people set them apart from the average person in the way they make those hours count.

Today's leaders understand the importance of 'me time'. We often let personal passions and desires fall by the wayside when we think of the dozens of other things we categorize as more important to do. Making time for yourself first is the best way to get them done better and faster.

Successful people understand the importance of collecting themselves and taking care of their own needs first. For example, you could do 15 minutes of Yoga every morning to not only take time for yourself but to collect yourself before tackling a hectic schedule.

A healthy breakfast and plenty of sleep are important for your success, but what separates successful people from others is that they take advantage of their morning hours when they are at their most productive. Solid morning rituals are essential to having a great day instead of a crazy day, and it all starts with waking up early.



BELOW ARE THE BEST WAYS THE MOST SUCCESSFUL PEOPLE START THEIR DAY



Hydration

Drink 1 litre of water. Our body is composed of about 60% water, it's basically what makes up your life! It's crucial that you hydrate yourself first thing every morning. After 6-8 hours without water- you'll naturally be mildly dehydrated, and dehydration causes fatigue. Start by drinking some water and drink it as fast as is comfortable for you.



Meditation

Silent or guided meditation even if only for 5-10 minutes is one of the best ways to immediately reduce stress, increase your self-awareness and gain clarity that will allow you to keep focused on your goals, priorities, and what's high-value in your life.

Exercise

Exercising for even a few minutes every morning significantly boosts your energy, enhances your health, improves self-confidence, mental clarity and emotional well being, enables you to think better and concentrate longer, and sustain higher levels of energy throughout your day. Doing 5 minutes of Tabata training and 15 minutes of Yoga will prepare you physically and mentally for your day.

Nutrition

Your first meal should be as raw, organic as possible without any refined sugars and low glycemic providing you with 2 to 5 hours of sustained energy so that you're functioning at your highest and best potential.





Setting Your Intentions

Setting your intentions and tasks for the day ensures that you will fulfill your high-value actions and mindfully create a positive expectation for your day. I recommend setting your intentions and tasks the night before because your first thought in the morning is usually the last thought you had before going to sleep. And you will give your subconscious mind time to work on them while you sleep.

» Next Steps

Do these steps for only 10-15 minutes per day to start with and modify as it becomes easier.



WHO DAN IS

Dan is the #1 Best-selling Author of Live the Life of Your Dreams - How To Stop Working Insane Hours And Start Living An Awesome Life.



Dan's Expertise

He has built and grown multi-million-dollar businesses.

Experienced business owners are his sweet spot.

They seek him out to get more focused, systematized and in control of their business. He helps them strategize and prepare for their next level of success with step-by-step shortcuts to achieve their goals easily and effortlessly.

Dan's clients enjoy more success, peacefulness, greater mental acuity, greater focus and overall a huge uptake in productivity, success, and income.

Dan lives in Milton, Ontario where he pursues his passion for a variety of outdoor fun. He lives with his wife Nathalie and their three sons. And although his children are young, Dan still has lots of fun teaching them how to create and design a mindset for success, happiness and a lifestyle of freedom and fun.

Dan LeFave

Imagine what it would feel like if...

- You had every step mapped out for you, allowing you to scale to the level you know you deserve
- You reclaimed the time and space to truly enjoy your family life
- You possessed the systems to control your time so your business runs itself

[Book a Game Plan Call](#) and Discover How to 10X Your Results!



Dan has helped me cultivate a deep understanding of my own strengths and weaknesses. I'm able to step away from work whenever I need to without it being a disruption.

Andy Fickett

*Founder, Fickett
Structural Solutions Inc.*



Dan's intervention has led to some really dynamic changes in my life. My focus is concentrated, my reality is vivid and my future is incredibly clear!

Walter Aiello

Founder, Colosseum Online

Dan stands as the ultimate High-Performance Growth Coach, EQ prompt engineer and the brains behind the 10X Growth Accelerator.

He helps ambitious 7+ Figure Founders get systemized and optimized in 90-day sprints. Under Dan's guidance, you'll not only secure 10X results but also reclaim your time to pursue your true passions every day.

Join my weekly newsletter - Engineered to Win!

I provide ultra-practical tips to reach your full potential in work and life, in 3 minutes or less.

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