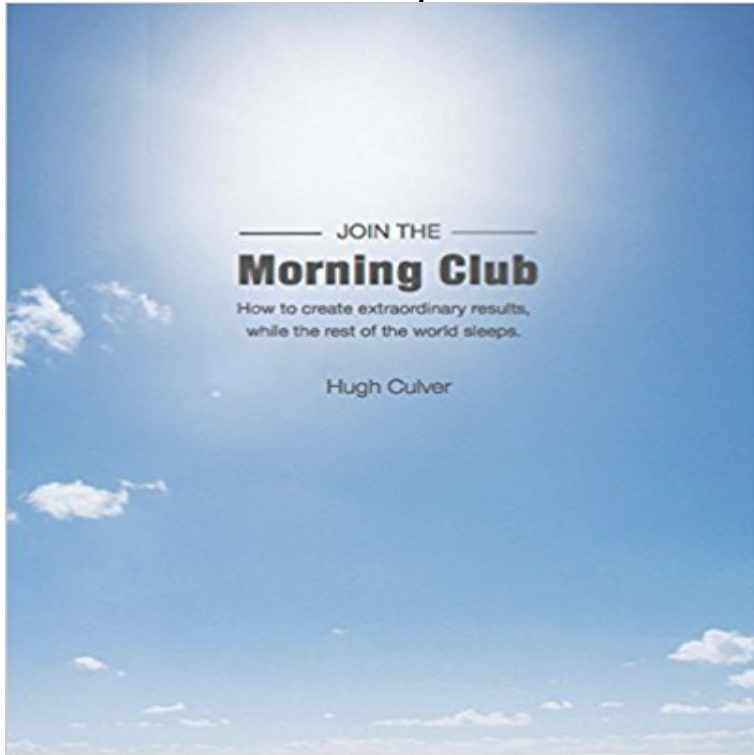


Join the Morning Club: How to create extraordinary results, while the rest of the world sleeps.



The Morning Club is open to anyone. Its for people who put a high value on creating their best day possible, every day. Membership is free (unless I come up with a scheme to make millions from this idea.) The best way to join the Morning Club is with a routine. The Morning Club (you can join anytime) accomplishes three goals that are important to me: 1. gets work done that I literally cannot get done any other time of day 2. provides consistent exercise (not just when I feel like it) 3. build willpower I am convinced that the most successful people (however you want to measure success) have strong willpower. They say No to opportunities that dont meet their goals, they constantly review their goals and measure their success, they choose who they associate with (and who they dont), and they are disciplined about their time. Thats all about willpower. The recent research on willpower is fascinating. We now know that willpower, our ability to resist temptations, stick to our plans, and overcome procrastination can be learned. In fact, willpower is like a muscle. Researchers have discovered something amazing about willpower and our ability to create more willpower. We can manufacture it. When subjects in one experiment were given a free pass to a gym and invited to use it as often as they wanted, something remarkable happened. Not only did they start to exercise more (most of the subjects went from no exercise to three times a week), they drank less alcohol, smoked less, ate better, and slept better. What?!? It turns out that if you strengthen willpower in one area of life (like joining the Morning Club) you strengthen it in other areas of your life. In another experiment, subjects (who were selected because they were obese) were asked to simply record everything they ate over a two week period. Again, the results were amazing. Not only did they eat less food and eat better food, they also watched

less TV, spent less money, smoked less, drank less, and slept better. And they weren't asked to make any of those changes! Joining the Morning Club is about results, but it's also about willpower. I am convinced that your morning routine will be pivotal to setting you up for success for the day. Feel better about yourself and your ability to keep promises with yourself, and feel ready to make good decisions.

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