

# ***inspired* Leadership Symposium: MEGA Morning Leadership Session**

*"Some people dream of success while other people wake up every morning and make it happen"*

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Presented by: Maureen (Mo) Hagan

Session: 4122

## **15 Minute Morning SUCCESS Routine**

**SUCCESS** is an acronym for a 7-step method. This success ritual is a simple process however it requires work—the discipline to take consistent daily action, first thing upon rising. To achieve the success you desire you must be willing to match your level of desire with the same level of action and commitment to daily self-mastery. Self-mastery requires self-discipline around the way you think, feel and act. Challenge yourself to this ritual first thing every morning for 30 days in a row. Take the challenge starting September 1<sup>st</sup>. Own Your Day! Own Your Life!

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**Sit in Stillness**- to become mindful of your breathing, thoughts, feelings, or just be in the now.

**—5 minutes**

**Understand** and affirm your strength(s) that you will bring to your work and your life today.

(Action - Complete one of these three statements to help clarify a strength, for today)

**—1 minute**

Example included:

*I am* .... \_\_\_\_\_, today.

*I can* .... \_\_\_\_\_, today

*I will* ....commit to maintain my high level of fitness and stress tolerance by exercising 30 minutes today.

**Construct** a picture in your mind of your future and how things will look and feel when you reach your goal.

**—1 minute**

**Create** one affirmation (positive statement) I you will verbalize aloud that confirms your unlimited potential and your most important priority, today.

(Action - Complete one of these three affirming statements) Example included

**—1 minute**

It is September 1<sup>st</sup>, **I am** committed to taking daily consistent action in pursuit of work-life balance by focusing 15 min each morning to my new SUCCESS Routine.

*I can* ... \_\_\_\_\_, today

*I will*.... \_\_\_\_\_, today.

**Energize** your mind with personal reading and reflection on new ideas that will support your goal

**\*4—5 minutes**

**Scribe** (write) in your journal what you are most excited about, proud of having achieved or grateful for on this day.

**—1 minute**

**Stretch** and move to energize your body (to increase heart rate and respiratory rate), or practice your power-  
pose(s) to build your confidence muscles. Research shows 2 minutes is most effective in raising risk tolerance and  
'power' chemical levels and lowering stress hormone levels.

**—1-2\* minutes**

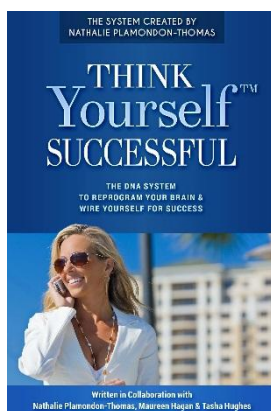
Make a contractual agreement with yourself to raise your level of belief.

I \_\_\_\_\_(name) commit to this morning SUCCESS routine in pursuit of ..... (Fill in your 30 day  
SUCCESS goal). Example:

*I, Mo Hagan commit to this morning SUCCESS routine in pursuit of achieving a healthy and fit work-life  
rhythm (balance) measured by achieving a score of 7/10 in personal growth (time for myself, sleep,  
learning, meditation and spirituality, access to my mentor, experiencing something new and challenging  
my courage and bravery). If it is to be it up to me.*

For more information on the 15 Minute SUCCESS Routine and to receive self-guided assistance with this  
work, check out Mo's latest book just released called "THINK Yourself™ SUCCESSFUL co-written with  
Nathalie Plamondon-Thomas and Tasha Hughes at [www.mohagan.com](http://www.mohagan.com) or  
<https://www.amazon.com/Think-Yourself-Successful-D-N-Reprogram/dp/1988925010>

Check out the latest news on this hot new release! <http://www.wsiltv.com/story/36079690/canadian-authors-nathalie-plamondonthomas-tasha-hughes-and-maureen-hagan-reach-amazon-best-seller-lists-with-release-of-new-book>



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# I Choose Success!!

## September 2011

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <input type="checkbox"/> 15 Minute Success Routine	1 <input type="checkbox"/> 15 Min Success Routine
3	4 <input type="checkbox"/> 15 Minute Success Routine	5 <input type="checkbox"/> 15 Minute Success Routine	6 <input type="checkbox"/> 15 Minute Success Routine	7 <input type="checkbox"/> 15 Minute Success Routine	8 <input type="checkbox"/> 15 Minute Success Routine	8 <input type="checkbox"/> 15 Min Success Routine
10	11 <input type="checkbox"/> 15 Minute Success Routine	12 <input type="checkbox"/> 15 Minute Success Routine	13 <input type="checkbox"/> 15 Minute Success Routine	14 <input type="checkbox"/> 15 Minute Success Routine	15 <input type="checkbox"/> 15 Minute Success Routine	15 <input type="checkbox"/> 15 Min Success Routine
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