# Good Morning,
# GOOD NIGHT

## RITUAL GUIDE





# Welcome to LESS STRESS & MORE RESULTS!

Thank you so much for downloading your copy of the ***Good Morning, Good Night Ritual Guide***.

The exercises in this guide will help you start your days feeling calm and in charge – and well on your way to reaching your goals.

Yes, it's absolutely possible (even in a busy household). And it's achievable without having to wake up at 4 a.m. to follow an elaborate 20-item morning checklist.

In fact, we highly recommend against that. Phew!

# WELCOME

This guide will help you focus on the specific actions you can take to 1) move you closer to your goals, 2) make your life easier, and 3) reduce stress.

This is important because starting your day with a proactive mindset means leading your day with INTENTION and setting yourself up for success!

At The Park Fitness Studio, we know how busy you are. We've helped hundreds of clients reach their goals and as a result, understand firsthand what it takes to succeed.

We've created this guide to get you started.

Committed to your success,

Kelly





# Why Create a MORNING AND EVENING ROUTINE?



Does any of this sound familiar?

- Your alarm wakes you up.
- You've got 60ish minutes to get yourself out of bed, showered, dressed, and fed before you leave for work.
- You would have gotten up earlier, except you got caught in a Netflix binge last night.
- That's no problem, though, because an hour is plenty of time, right?
- But what if …
  - *you don't have any clean socks,*
  - *the coffee pot didn't start on time,*
  - *someone ate the last energy bar (which you'd been eyeing as your breakfast)*
  - *you don't have any clean coffee cups because you forgot to start the dishwasher last night, or*
  - *all the towels are dirty?*
- You're starting the entire day behind schedule. Argh!
- You also forgot to charge your phone.
- Plus … what's for lunch?
- What about your plans for grabbing a workout later? Do you have everything you need?
- And by the way, where are your keys?!

Talk about a stressful way to start the day! And that's not even mentioning anything to do with your kids, partner, or pets.

# WHY CREATE A MORNING AND EVENING ROUTINE?



Here's the problem with stressful mornings.

**They put you in a REACTIVE mode that can last all day ...**

rather than allowing you to feel proactive in your choices and actions.

This is where the POWER OF ROUTINE comes into play.

# WHY ROUTINES *Matter*

Your morning and evening routines work together to set you up for:

***a GREAT day and***

***a RESTFUL NIGHT of sleep.***

When your routines come together, you feel unstoppable.

You feel **less stressed**, you get **better results**, and you can even **reach your goals faster**.

With solid routines, living a healthy lifestyle can even seem EASIER.

Over time, your routines become a habit, which means they become practically automatic. You no longer have to rely on sheer grit, discipline, and willpower.

*Success*

**is the sum of small efforts repeated day in and day out.**

*-Robert Collier*



# 5 COMPONENTS OF A GREAT *Morning Routine*



I've found that all GREAT morning routines have **5 SPECIFIC THINGS** in common. They:

1. **SUPPORT YOUR** *Goals*
2. **HELP YOU FEEL** *Energized*
   - and ready to take on your day!
3. **CREATE FOCUS** *& Intention*
   - so you can live your day PROactively and with purpose.
4. **ELEVATE YOUR** *Mindset*
   - and empowers you to be your best.
5. **ARE SIMPLE &** *Easy to Follow*

# WHAT MAKES FOR A GREAT *Evening Routine*

Now that we've covered the basics of your morning routine, I'm going to say something a little controversial!

So many people focus on **MORNING ROUTINES**, which are definitely important ...

**But your EVENING ROUTINE might be even more important** to your goals, your stress levels, and even how well you sleep at night!

It all boils down to one underlying factor: **TIME MANAGEMENT.**

You have a limited amount of time in the morning to kick off your day – and most of that time is spent waking up, eating, and getting showered and dressed.



## MORNING & EVENING ROUTINES



There's not a big window of time in the morning for extra tasks.

If one thing goes wrong, it can throw your entire day out of whack.

**That being said ...**

You have more time – and more control over how you spend it – in the evenings.

Taking just 10 to 20 minutes each night to get organized for the next day can be a game-changer.

- **Plan/prep your meals,**
- **Write a to-do list,**
- **Have everything ready to grab in the morning as you head out the door.**



# CURRENT ROUTINE *Worksheet*

List 5-10 things you do every morning when you wake up, AND 5-10 things you do every night as you wind down from the day.

***Important: Don't judge your current routine!***

This is to get a baseline of what you're currently doing so you can make simple upgrades to move you closer to your goals. (We'll get to this later on in this guide!)

You might even discover you have some mindless habits – actions you take every day but don't give much thought to.

This could be scrolling through your phone every morning before you get out of bed, or falling asleep watching TV. Include those too!

## CURRENT ROUTINE WORKSHEET

*Sample*

# CURRENT ROUTINE

### MORNING ROUTINE

1. Check social media notifications before getting out of bed
2. Pour a cup of coffee
3. Take dog out
4. Scan headlines
5. Take a shower

### EVENING ROUTINE

1. Put dinner dishes in the dishwasher
2. Pour a glass of wine
3. Watch TV
4. Take dog out
5. Brush teeth



CURRENT ROUTINE WORKSHEET

# My Current ROUTINES

## MORNING ROUTINE

## EVENING ROUTINE


The secret of your future is hidden in your daily routine.
-Mike Murdock

# THE POWER of Habits



Every habit you have – good, neutral, or "bad" – has four components.

Both your habits and the steps that create them can become so automatic you don't even know you're doing them.

## • STEP 1 The Cue

This is what triggers your brain to take action. Usually, your cue is something that gives you a reward.

For example:

*Getting out of bed in the morning*

↳ ***go to work for a paycheck***

*Driving by the gym on your way home from work*

↳ ***getting in a workout***

*Looking at the clock and seeing it's noon*

↳ ***time to eat the delicious healthy salad you brought to work***

THE POWER OF HABITS

# • STEP 2 *A Desire*

This is what motivates your habit.

What motivates you might be completely different than what motivates someone else. And that's OK!

The desire is your WHY – it's what makes the reward important to you because it's what the reward represents.

- The reward for going to work is the paycheque … **but the desire is what that paycheque represents** – security, fun, freedom, whatever you are going to spend the money on (or save it for).
- The reward for stopping at the gym is the workout, **but the desire is what the workout offers** – a better mood, being strong and fit, feeling healthy, or feeling accomplished.
- The reward for eating the salad is feeling great and energized all afternoon – **but the desire is why that matters to you**, from body transformation goals to better health.



## THE POWER OF HABITS

### • STEP 3 *Action*

This is the actual habit you perform. This is where the effort comes in.

- It's getting out of bed because you opened your eyes.
- It's the workout you do when you get to the gym.
- It's eating the salad instead of going out for takeout with your coworkers.

### • STEP 4 *Reward*

This is the payoff, where your desire becomes satisfied.

- It's the vacation you saved up for thanks to your efforts at work (or the security you feel when you check your 401K balance).
- It's the satisfaction you feel when you see the results of your workouts.
- It's the feeling of accomplishment you get when you reach your goals and have all the energy you need to play with your kids/grandkids.





# GOAL & INTENTION MAPPING *Worksheet*

**It's time to think about your goals and why they matter to you!**

This exercise requires you to go beyond why you think you "SHOULD" have certain goals ...

To uncover the real reason you're attracted to the goals you've chosen.

*Setting Goals*

**is the first step in turning the invisible into the visible.**

*- Tony Robbins*

# GOAL & INTENTION MAPPING WORKSHEET

## LIST YOUR TOP 3 GOALS:

1

2

3

Next, for each goal, write down the reasons WHY those goals matter to you. If you need more space, grab a notebook and keep on writing!

If you're having a hard time with this exercise, imagine you wake up one morning and you've reached the goal. How exactly are you feeling? Put yourself in the shoes of your future "you" ... and let your imagination take over.

## WHY MY TOP 3 GOALS ARE IMPORTANT TO ME:

1

2

3

# CREATING *Healthy Routines*

It can be tempting to completely overhaul your entire morning and evening routines.

You might stick with it for a couple of days ... or even a couple of weeks, but studies show that for most people, this just doesn't work.

That's because they lose motivation and end up quitting.

**What does work: adding 1 to 2 new actions to your existing routine.**

Once you start feeling the payoff of the new habits, you can add more actions (and remove others).

**What steps will move you CLOSER to your goals?**

It's time to look back over your current morning and evening routines, as well as your goals.

What are 1 to 2 steps you can add to your current routines – or actions you can swap – to help move you closer to your Top 3 Goals?



## CREATING HEALTHY ROUTINES



# MORNING ROUTINE
*Sample Ideas*

1. Drinking 8-10 ounces of water before your first cup of coffee.
2. Eating a balanced breakfast of whole foods (lean protein, veggies, fruits, healthy fats).
3. Taking 1-2 minutes to set your intentions for the day.
4. Doing a 20-30 minute workout.
5. Setting aside time to pray, journal, or meditate.

# EVENING ROUTINE
*Sample Ideas*

1. Taking 10-15 minutes after dinner to get tomorrow's breakfast and lunch prepped, so it's ready to grab in the morning.
2. Placing your packed gym bag next to the door.
3. Taking an after-dinner walk with your family.
4. Doing some stretching or mobility work.
5. Taking a warm shower.
6. Dimming the lights to help your body wind down and get ready for a good night of sleep.






If you want something different, you are going to have to do something different.
-Jack Canfield

# MORNING & EVENING *Routine Worksheets*



## ASSIGNMENT

**Create new ACTION STEPS to upgrade your current routines!**

**STEP #1:** Review your "Current Routine" and "Goal & Intention Mapping" Worksheets.

**STEP #2:** For each goal, come up with 8-10 SIMPLE STEPS that can you take to upgrade your current routine to move you closer to your goals.

**GOAL EXAMPLES:**

- **Goal**: Feel energised at the end of the day.
- **Goal**: Fitt into my "goal" jeans.
- **Goal**: Improve my health markers (example:.BP)
- **Goal**: Sleep 7-8 hours a night.

**SAMPLE ACTION STEPS:**

- **Action**: Fill my 1-gallon water bottle to drink each day to boost my energy levels.
- **Action**: Go to bed before 10 pm, so I have enough time to get in a full 7-8 hours of sleep.
- **Action**: Pack a healthy, portion-controlled lunch to bring to work every morning.
- **Action**: Place your gym bag in my car at night, so it's ready in the morning.

# MORNING & EVENING ROUTINE WORKSHEETS

## MY TOP 3 GOALS:

1

2

3

## ACTION STEPS FOR EACH GOAL

1

2

3

## MORNING & EVENING ROUTINE WORKSHEETS

Now - Choose **ONLY 1 to 2 steps** from your list that you can take starting TONIGHT and TOMORROW MORNING to move you closer to those goals.

In a few weeks, once you've incorporated those habits into your regular routine, add 1-2 more steps.

If you need help with this process, working with an experienced coach can help you zero in on the MOST effective steps you can take that work with your goals and your lifestyle.

## STEPS TO TAKE TONIGHT / TOMORROW MORNING:

1 _____

_____

2 _____

_____



**Success is not a big step in the future, but a small step taken**

*right now.*

*-unknown*

# HERE'S A GLIMPSE INTO *My Routines*

## MY MORNING *Routine*



1. Wake up and drink 12 oz of water
2. Quick stretch routine
3. Eat breakfast
4. Shower
5. Grab my stuff and I'm out the door!



## MY EVENING *Routine*

1. Make sure my meals for tomorrow are prepped.
2. Swap out the stuff in my gym bag for tomorrow.
3. Check laundry, start the dishwasher if necessary.
4. Check messages and get back to clients.
5. Shut it down for the night for family time!

# SIMPLE STEPS TO *Extraordinary Results*



We hope this guide helps you create morning and evening routines that streamline your life – and the path to your goals!

Your habits and routines matter because they build the **FOUNDATION** for lifelong success and help you achieve the important goals you set for yourself!

We help our clients create transformations in their life by creating a personalised plan that works with THEIR lifestyle, setting them up for success.

If you're looking to create real change in your life, then give us a call.

## CALL US
## 07366 470 762

Committed to Your Success,

*The Park Fitness Studio*