EASY WAYS TO SET UP YOUR DAY FOR SUCCESS

3 TIPS TO KICKSTART YOUR MORNING

1

TAKE THREE DEEP, BELLY BREATHS.

It's amazing how just taking 3 deep breaths changes your brain chemistry. It calms you down by triggering neurons in your brain which tell the body it is time to relax. Researchers at Stanford identified 175 brain cells which spy on the breath and alter state of mind accordingly.

2

READ SOMETHING INSPIRATIONAL THAT SETS THE TONE OF YOUR DAY.

The wisdom from a good, inspirational book can challenge, strengthen and motivate you. Studies show you also start filling your day with what works best for you.

3

DRINK A GLASS OF WATER.

Not a surprise - the benefits of water are well known, but experts say drinking H2O before your morning cup of coffee could jumpstart your system just when you need it most. After going several hours without a sip, a serving of water first thing can hydrate the body while aiding digestion and metabolism.

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MARGALIT GRUNBERGER
818-693-4557
margalitmethod.com