



# CLIFFHANGER ACADEMY

Live Your Best Story



## Live Your Best Morning



### Start with Gratitude (15-seconds)

As soon as your eyes open, before your feet hit the ground, think of three things you're grateful for (your job, family, your pillow, coffee, anything). The key is doing this before you start to move out of bed. Studies have shown that starting your morning with gratitude, overtime, has the ability to shift your mindset throughout the day and enable you to see things more positively as well as increase happiness and balance.

### Drink Something (1-minute)



A glass of water, 10oz with one fresh squeezed lemon.

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A glass of lemon water in the morning can:

- Help digestion;
- Flush toxins from your system;
- Boost your immune system;
- Help restore healthy skin;
- Boost your metabolism;
- Increase food absorption;
- Boost energy throughout the day.

The reason this is so important to start your day is because it's great example of your actions driving your feelings (CliffHanger Academy's Core Value) because you typically won't "feel" like drinking a semi-sour drink first thing in the morning; I know I don't! This is the first step in your day and the first step in your life towards not allowing your feelings to drive your actions, but rather how you act direct how you feel.

If you're someone with a sensitive stomach you can start with a 12oz glass of water. You'll get similar benefits as listed above, without upsetting your stomach.

## Get Moving (1-minute)



One of the keys to changing your Mind is to change your Body (physiology). At CliffHanger Academy, our mission and values are rooted in the Mind/Body connection, so if we're looking to prepare our minds for the day ahead, we need to prepare our bodies as well.



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Changing the physiology of your body not only helps you wake up, but it also improves mood by releasing key neurotransmitters like serotonin, oxytocin and dopamine, which also improves your mindset.

This is critical to getting your day started. Every Peak Performer I know has a movement ritual in the morning, whether it's a full-blown workout (one of the top 5 things that the most successful people in the world share) or a few yoga asanas (some of my pro-athlete friends do). Regardless, moving is key to unlocking your mornings.

During your exercises, I suggest listening to some inspiring or uplifting music. YouTube has a lot of motivational tracks that are good. I'm currently developing three tracks with DJ friends of mine that I'll offer to CliffHanger Academy students early next year; be on the lookout!

Did you ever wonder why you always feel better after a workout? It's because your body and mind are releasing chemicals that make you happier, so we need to get your heart rate up! This movement can include anything exercise related, the key is to get your heart pumping.

For a quick boost in your mood, try any one of my favorites.

- 10-20 jumping jacks
- 5-10 bodyweight squats
- 10-20 crunches
- 5-10 push-ups (can also be done with knees on the floor)
- 5-10 burpees (with or without push-ups)
- 5-10 pull-ups

Depending on your fitness level try one or a couple of these and feel free to mix them up on a daily basis as well.

I first started with this quick movement ritual, as I didn't want to overwhelm myself. As I became more comfortable and noticed the awesome gains I received throughout my day, I upped it to my current morning one (15-20 minutes). It includes a variety of exercises meant to help with core strength (where I use an awesome product developed by a friend of mine) as well as shoulder and hip mobility exercises, which are key for people who sit at desk for prolonged periods of time. Since most of us are sitting for a big portion of our day, it's critical to exercise in a way that helps undo this tension in our bodies to keep us mobile and happier.

As a Certified Personal Trainer, this is something I've become obsessed with (the daily damage we do to our bodies sitting and using technology) and have developed various quick morning workouts for my Peak Performance Academy students that they use everyday with awesome results. Start with the above, watch your day improve and I'll teach more later!



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## Read three sentences from a great book (1-minute)



You want to pick a book that uplifts and inspires you to be the kind of person you really want to be. This is about setting an intention of who and where you want to be, living the life you desire. The key is to read something short that helps you think about your day in a different light, something that helps you see how great you can become and helps you practice behavior that will make you a better person, leading to Breakthrough and Balance in your Health, Wealth and Relationships.

Some of my favorite reads are:

- The Bible (NLT or MSG versions)
- The Four Agreements by Don Miguel Ruiz
- Enchiridion by Epictetus
- Meditations by Marcus Aurelius
- Motivation Manifesto by Brendon Burchard
- Think and Grow Rich by Napoleon Hill

My current morning ritual (one-hour in total) is 15-minutes of reading, which includes daily reminders (to myself to remind me of who I am and who I want to be), the Bible and a spiritual workout book. Start with one minute and I'm sure you'll see a HUGE difference!

As I mentioned before, when I first began my morning ritual, it was under ten minutes but the more time that I've recaptured in my day, the more valuable I've seen my morning rituals become in setting my day up for success and the more time I dedicated to it. I KNOW this 9-minute ritual will start you on the right path to crushing your day, so stick with this FIRST.

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**Set an intention for the day by meditating on what mindset you want to maintain throughout the day (3 minutes)**



The mindset can be around:

1. What you want to accomplish today (certain tasks and goals, attitude)
2. How you want to feel (grateful, happy, loved, successful)
3. Who you want to see (your family, friends, loved ones, maybe even a celebrity - yes, if you want to meet your favorite idol, think about it, even I do this from time-to-time)
4. Where you want to go

The intention has to be precise and focused. This cannot be something simple like, I want to feel good, but more that "I want to feel happy because we landed the big account today and my team came together or I want to feel loved because my family remembered my birthday and threw a surprise party for me. The more specific the intention, the more you can feel it happening, the more likely it will happen.

Don't be scared trying to meditate. I know I was originally scared, turned-off and frustrated when I started meditating many years ago. I took classes and workshops on meditation. Attended yoga three times a week for three years, where we would meditate after each class and I still couldn't get it. Meditation and I have had an on-again, off-again, love-hate relationship for a long time and only until recently, has it really settled in and began to stick. I found the key was simply starting for 3-minutes and building from there (I currently meditate for 15-minutes in the morning, broken into two different mindsets based on the foundations of CliffHanger Academy).



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After all the research, workshops and classes, this simple 8-step technique is what works best for my clients and me.

To meditate:

1. Find somewhere comfortable and quiet to sit (I like using my couch, which is also where I do my daily reading);
2. Set a timer on your phone for 3-minutes (be sure to go the entire three-minutes, even though it may seem like forever when you first try it - wait for the alarm to go off!);
3. Close your eyes;
4. Breathe in through your nose and out of your mouth;
5. Keep your chest proud, shoulders rolled back (good posture) and SMILE!
6. Think about the mindset you want to have all day. If other thoughts come up, that's okay. Catch yourself focusing on these things and bring your mind back to your original thought;
7. Remember to breathe;
8. Enjoy!



It's called meditation PRACTICE for a reason; it takes a lot of practice to get good at it, so don't give up!

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## Have a cup of coffee or your favorite beverage (1-minute)

I love coffee. I love the way it smells, I love the way it tastes and I love the caffeine buzz it gives me. Since I do love coffee so much, I cold brew my own at home or make an iced version and offer this as a reward for sticking to my rituals.

Having your morning coffee at home is this a good way to know what you're putting in your body (a lot of coffees have added sugars and syrups), but you'll also save money that you can use towards investing in yourself to reach higher levels (\$5/day x 5 days/week is an extra \$25/week to put towards something else). This can be finding another way to invest in you, like signing up for a class, a subscription or attending a workshop. The choice is yours!

Some of my clients have a different drink of choice so feel free to switch it up (regular coffee, espresso, green tea, black tea, matcha, etc.)

My suggestion is have something that you enjoy as a reward to yourself for sticking to your rituals.

I like to have mine while completing my morning readings and my Get To Do list.

## Make a "Get To Do" list (2-minutes)



With the new mindset and focus from unlocking your Mind and Body, now we want to make a list of the things we GET to do. This is not a To Do list; this is a GET To Do list.



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We need to remember the power in our words and what we tell ourselves. Creating a To Do list can make us feel that everything we have to do on the list is an obligation or a burden.

Creating a Get To Do list shifts our focus and allows us to see that these are things we GET to do, making us happier and more entitled to do them, which also leads to more focus while doing them and less procrastinating, as well as a positive mindset to begin our day.

And that's what Live Your Best Morning is created to do: help you start your day with a positive mindset, so both your Body AND Mind feel energized, happy and focused!

## Make It Your Own

A shaman friend of mine told me "Whatever you put in your life, make sure you like it." This couldn't be truer for your morning ritual. Customize your morning ritual. Do what you like and modify the rest. If you don't like burpees, do some push-ups. If you don't like coffee, have some tea. Our goal is to make this ritual something you regularly do. Abraham Lincoln, Tom Brady and Oprah all believe in regular morning rituals, not only because they work, but also because they like them. Make your morning ritual full of things that you like otherwise you're not going to do them.

Here's the caveat, you're not going to like EVERYTHING about your morning ritual and you probably won't "feel" like doing them for the first few weeks, but stick with it.

This is the key to Living Your Best Story: taking consistent action, whether you feel like it or not. Now that you're equipped with your first step, start taking action tomorrow morning. It's only nine minutes and I promise if you stick with it, you'll achieve awesome results and want more of this in your life!



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Since you've taken action towards Living Your Best Story and we're all about action at CliffHanger Academy, I want to give you a gift. I want to know more about what's blocking you from Living Your Best Story, what's holding you back and what you want more of, so be on the lookout for another email from me and how you can take advantage of this free gift.

If you're looking for more ways for Breakthrough and Balance in your Health, Wealth or Relationships, be sure to connect with us at [www.CliffHangerAcademy.com](http://www.CliffHangerAcademy.com) and follow us on social media ([Facebook](#), [Twitter](#), [Instagram](#)).

Once you're part of the community, you'll also be able to sign up for one of our upcoming workshops, join our exclusive 6-month long Peak Performance Academy, which offers four customized In the Wild experiences as well as two 30-minute Change Your Story, Change Your Life one-on-one coaching calls per month with me.

Looking forward to hearing from you.

Have an awesome day!

-David

