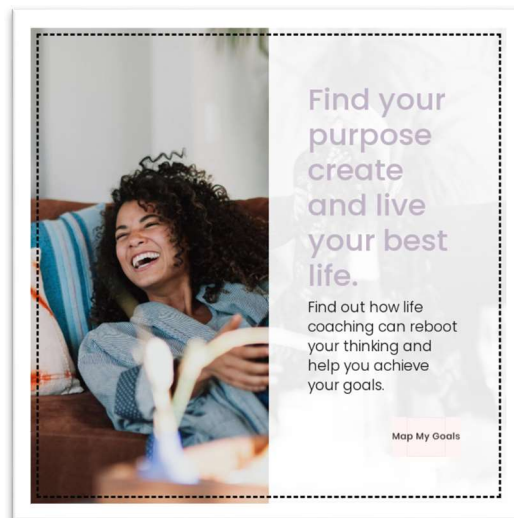


The Most Important 30 Minutes In YOUR Day!

*Find Your Focus. Find Your Life Balance.
Create and Live Your Best Life.*



Introduction

The Most Important 30 Minutes of YOUR Day is at the very end of the day, just before going to sleep to acknowledge what you are grateful for, your successes, check in on your goals, what you are looking forward to and any specific plans you wish to accomplish the next day.

So why the end of the day? Because whatever you read, write, see, listen to, talk about, and experience during the last 30 minutes of the day has a huge impact on your sleep and your next day. During the night, your unconscious mind replays and processes this late-night input up to SIX times more often than anything else you experienced during the day.

Our subconscious mind is more powerful and faster than any super computer, therefore the ability to provide your subconscious with positive images, ideas and plans drives the ability to create your best life.

"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality." - Earl Nightingale.

Create your best life. Create your best mindset.

Alpha Brain Wave State

As you drift off to sleep, you enter into the alpha brain wave state of consciousness—a state in which you are very suggestible. If you drift off to sleep while watching the news that is what you'll be imprinting into your consciousness - war, crime, death, sadness.

Create Your Best Mindset

Think how much better it would be to read an inspirational book, listen to a meditation, or taking the time to journal and focus on what ***you want more of in life*** before you go to sleep. This creates a positive mindset and motivation when you wake the next morning.

Daily journaling ensures you sustain momentum in creating your best life, increasing your motivation and moving your mindset to a positive and happier state.

The Benefits of Daily Journaling

The benefits of Daily Journaling are incredible, this simple free process is **guaranteed** to:

- Reduce Stress
- Evoke Mindfulness
- Increase Motivation
- Improve Memory
- Increase Happiness

- Improve Confidence
- Emotional Regulation
- Increases Creativity
- Improves Learning Capacity
- Improves Coping Mechanisms

Daily Journal Recommendations

Your daily journal can include ANYTHING that comes to mind, it does not have to be complex, this should be an enjoyable task can take from 5 mins to as long as you like. Some suggestions to get you in the flow are as follows:

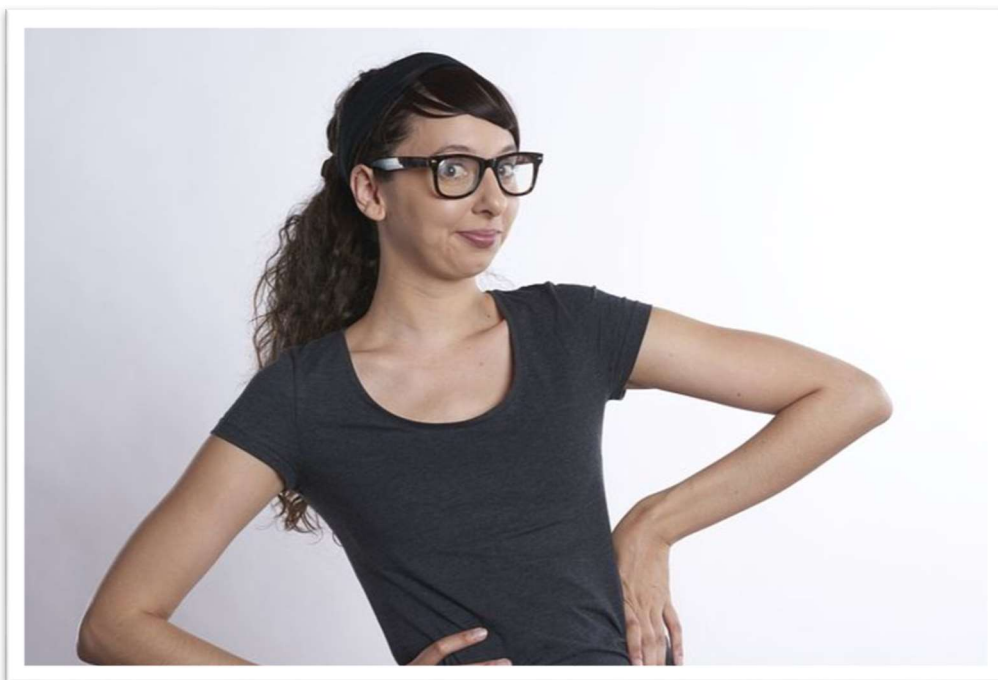
- **What am I grateful for today?**
 - Could be a nice long hot shower, a friend, time to do a hobby ...
- **What is coming up that I am looking forward to?**
 - If nothing, you need to plan something!
- **What keeps playing on my mind I need to action/accept responsibility for?**
 - This is empowering, if you keep playing the same story in your mind on an experience, you need to take action to clear this, write it all down first and look at it again tomorrow. You have all the resources within you to resolve any concern or problem in your life but awareness of your part must come first.
- **What have I achieved today that made me feel good?**
 - Think progression not perfection as that does not exist, it could be as simple as reading something, exercise, washing that was piling up, keep it small.
- **What do I want to achieve tomorrow?**
 - Again keep it small, more than 3 you set yourself up for failure and negative back chat. Be kind and realistic, Rome was not built in a day right?
- **What goals do I want to create and live my best life**, what are they and what's my next step?
- **What new hobbies would I like to try** if I had/made time for myself to do them? Painting? Music, Singing, Cooking, Travelling, Fitness, Kayaking, Karate



The Top 5 Daily Success Habits

1. **Journal Daily** – clean your internal room, declutter, reduce stress, regain happiness and control through daily journaling.
2. **Read/Learn Something New** – read a book, listen to a podcast, play an instrument, try knitting, cooking something new. We are all wired to progress to feel satisfaction but it must be something we wish to learn.
3. **Exercise Your Body/Mind** – Exercise your physical body for 15 mins and/or your mind through meditation. Spotify is free and has many wonderful meditations, I also recommend the “Calm” app for your mobile download, Exercise can be a walk round the block of YouTube a daily 7 min work out and combine that with a 5-10 min meditation when you switch off the light to go to sleep.
4. **Express Gratitude** – write in your journal or say it out loud what you are grateful for today. Gratitude is the most effective method to start to reboot thinking and create a positive mindset.
5. **Give Back/Help Someone** – this can be as simple as asking someone if they are ok, smiling when someone looks sad to lift their spirit. We all smile in the same language. If you can do more, volunteering is the most phenomenal way to bring you happiness and like the domino effect you pass this on. Pay it forward, call someone, and help someone today.

IF you are NOT doing the stance in the pic below, consider this! Changing your physical stance can change your mindset immediately. Hands on hips says I CAN, I am confident, I can/will do this! Try it out!



What's next?

The next logical steps are to start planning your **Life Goals**, however if you are struggling to dive into this with clarity there are many other areas we can focus on to find your mojo and remove blockers for you.

ARE YOU READY? I offer a FREE 1:1 Discovery Session and also run FREE Online sessions where you can sit back and listen if you simply want to know more but camera shy or just not sure if this is for you. To find out more simply go to: mapmygoals.com.au/coaching

Together in Life Coaching we can:

- Find Your Purpose, your mojo and reset your thinking
- Empower your self-talk to drive you to meet your goals
- Understand how other leaders/mentors values may hold you back
 - Find out what YOU REALLY want to achieve to be happy
- Articulate the principles to Success and Happiness in YOUR Life
- Understand what is driving you and is it beneficial to your goals
 - Call on YOUR strengths to create better experiences
 - CELEBRATE YOUR SUCCESS

BOOK for YOUR **FREE** 1:1

Life Coaching Discovery Session with a Master Life Coach @
mapmygoals.com.au/coaching

