

DISCOVER
LEADERSHIP TRAINING™

7 DAY CHALLENGE

A **DISCOVER** EBOOK

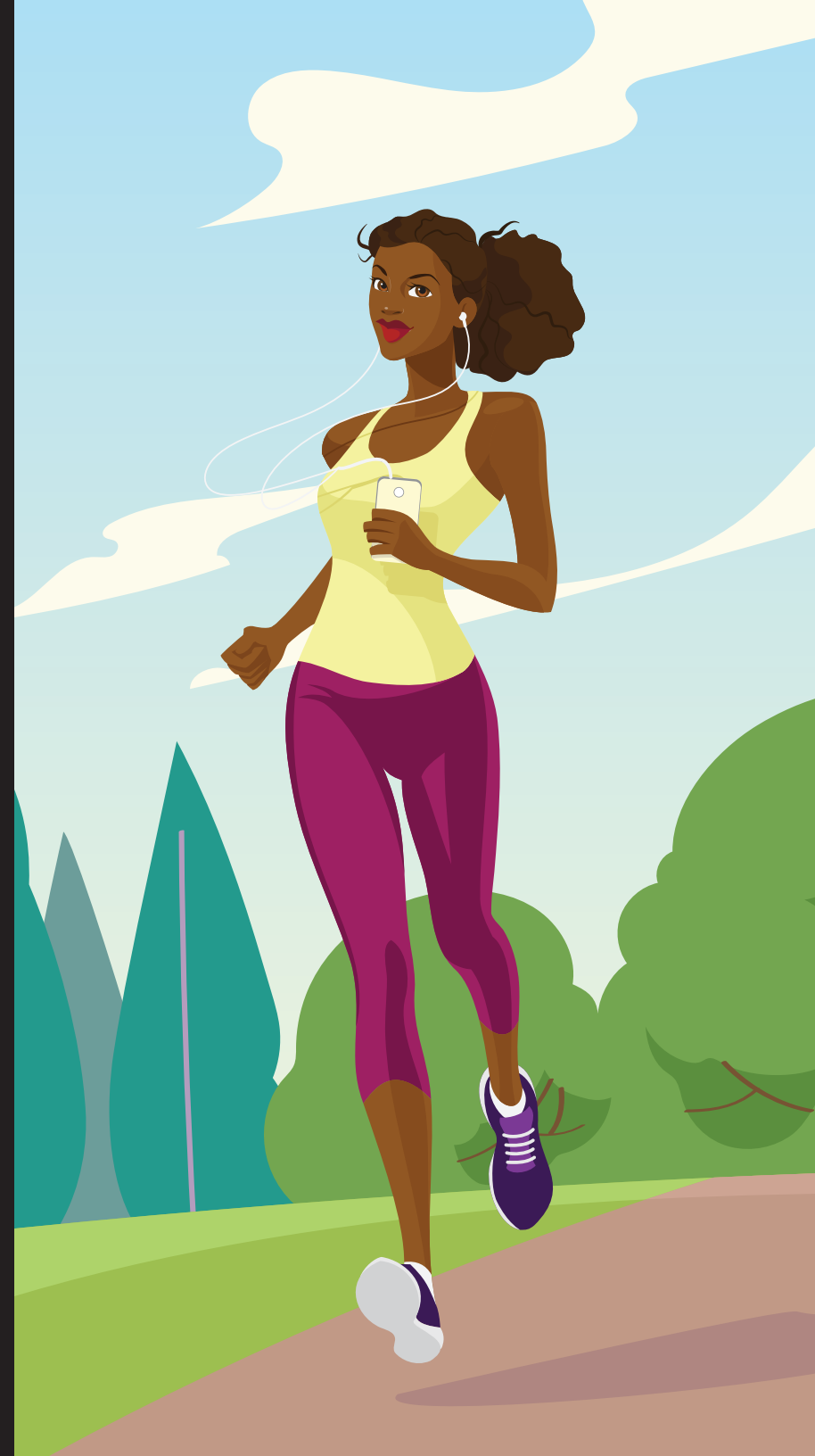
COPYRIGHT ©2020 DISCOVER LEADERSHIP TRAINING

Over the past 30 years, I have come to see mornings as the foundation upon which I build my entire day. I believe that realization is more important TODAY than ever before.

I also came to recognize, during the past 30 years, how I feel mentally, physically, and spiritually all day is directly connected to how I start my day. As we navigate these uncharted waters it will be critically important that we create a positive strong foundation at the beginning of each day.

I am challenging you to join me during this very stressful, scary crisis for the next 7 Days to join me for the WAYFO? Challenge. WAYFO? Is an acronym for What are You Focused On?

I have found that in stressful times, it is important to raise our level of consciousness about the conversation we are listening to and the conversation we are having with ourselves.





When I begin my day by utilizing the concepts and principles I will share with you in this ebook, I am more productive, happier, more energetic, more positive, and more focused during my entire day - without coffee, Red Bull or any other type of energy drink.

Having a morning routine right now during this Covid 19 crisis will create positive new possibilities for you and your family. I like to call my routine 8 B4 8. These are 8 things I make a commitment to do before 8:00 am. My 8 tasks have changed over time, however, these are 8 things that I control, observe and measure. These are 8 things that allow me to focus on a positive outcome and accomplish the things I control.

The 7 Day WAYFO? Challenge:

Here are the 8 things I recommend during this 7 Day WAYFO? Challenge.

1. Set your alarm clock for a specific time and get up for the next 7 Days when it goes off. Move your alarm clock or cell phone across the room. Make a commitment to yourself that when it goes off you

will get up, NO snooze button. When you hit the snooze you are having a negative conversation with yourself.

2. Read something Positive. Before you turn on the news or read the news, I challenge you to read something positive. Pull up some positive quotes on the internet or go to YouTube and watch a positively motivating video. I assure you that if you go to a news source first, the foundation you will set for yourself will be negative.

3. Do something physical. It does not matter if you normally workout or not. I challenge you to commit to do something physical before 8:00 am. Do a 10 minute workout, go for a walk, if you have stairs in your home, spend a few minutes going up and down the stairs, do something.

4. Plan whatever activities you and your family will do for the day. If you are working from home and/or you have kids out of school, have a plan of what work you will focus on, what activities you will do, what chores need to be done and who will be doing them.

5. Connect with the other humans and animals in your house. Set aside specific time to connect with your significant other, your children and your pets. Be a source of positivity for these folks during this stressful time. Talk with them and not to them. Make it a point to ask people how they feel rather than telling them how they should feel. Find ways that you are with them to catch them doing things right.





*Wake
Up!*

6. Plan the meals and mealtimes for the day. I would ask others in the house for their feedforward regarding meal plans. I would also get them involved in meal preparations.

7. Send positive text messages to family and friends. You must know that there is a tremendous amount of uncertainty and fear in our world today, take a moment to lift the people in your world up with a positive message.

8. Eat a healthy breakfast. Very likely for the next 7 Days you will be preparing your own meals. Make the choice to take advantage of eating healthier for the next 7 Days and drinking lots of healthy water.

Accepting this 7 Day WAYFO? Challenge **will establish a positive, deliberate morning routine** for the next 7 Days that will ensure you start the day with a positive attitude, reduce stress, and create a positive environment in your home during the coronavirus crisis.

I am grateful you accepted this challenge and would like to know at the conclusion of your 7 Day WAYFO? Challenge what positive outcomes it produced for you, your family and friends. **Please email me at mikej@discoverleadership.com**

Mike Jones, President

Discover Leadership Training

discoverleadership.com

713.807.9902



discoverleadership.com