



RAY EDWARDS

LIVE WITH JOY. LEAD WITH PASSION. PROSPER WITH PURPOSE. 7

Ways to

Supercharge Your Morning Episode #177

Sean: Welcome to the Ray Edwards show, where we help you start, run, and grow your own Internet based business, so you can enjoy more freedom in your life. My name is Sean Edwards, and I am your host.

Many others have done quite a bit on morning routines, so do we really need another discussion on this?

Ray: You're right, let's forget it.

Sean: Let's forget it. Let's pack up and go home.

Ray: No, I actually do think we need another show on this and I'll tell you why. There are so many different versions of how to start your morning, what kind of morning routine you need and I've noticed a trend. I'm guilty of being part of this trend and that is making morning routines more and more complex. I think the average person hears the routine they're given and they think that's great for you, motivational podcasting guy, but I don't have the time to do all that crap in the morning.

I realized that my own routine had gotten too stretched out, too long and too bloated. So I've trimmed it down and that's what I want to share with you, and I want to share a philosophy behind making it simpler that I think will be helpful. I think you'll find this encouraging. If you've ever felt this morning routine thing to be discouraging, like I don't know if I can do that. You may find this episode helpful.

Sean: Awesome. We will get into the 7 ways to supercharge your morning right after Spiritual Foundations.

Spiritual Foundations

Ray: One of the topics we talk about a lot is that of wisdom and that's because I think it's really important. It's funny, I've been thinking about wisdom a lot lately and I've just started reading a book called *What I Learned Losing a Million Dollars* by Jim Paul. It's an interesting premise because his premise is that we read lots of books about people who are super successful, especially in the investing world like he was part of, but he believes there may be more to learn by people who are not super successful, learning how they made the mistakes they made and how to avoid making those same mistakes.

He was sharing that one of his mentors, after he had his tremendous fall where he lost \$1.6 million dollars in three days. His mentor said, there's smart and there's wise. Smart people learn from their own experience. Wise people learn from the mistakes of smart people. Jim said, so I've gotten really smart so you can become wise. So I think wisdom is a good thing to go after and I think and I think God wants us to seek after wisdom.

In I Corinthians 1:30 says, *But of him you are in Christ Jesus, who became for us wisdom from God.* This is one of those things that I think we read in the scripture and we think that sounds nice, so biblical yet we don't think about what it means. What does it mean that Jesus has become wisdom from God? God says in the book of Proverbs 4:7 that wisdom is the principle thing. He says don't go after riches, but when we have wisdom all the things we seek will come to us, including honor, length of days and riches. But don't make riches your goal, make wisdom your goal.

What do you do if you don't have wisdom? Well, it's really tough. You ask God for it. He'll give it to you "liberally and without reproach", James 1:5. This is funny to me, because the book of James is often a book people have trouble with because James is stern and has lots of advice people don't like. One of the most encouraging things in the Bible to me is where James says that all we have to do is ask for wisdom if we lack it and God will be faithful to give it to us.

The truth is, He's already given us wisdom when he gave us Jesus. Remember, Jesus became for us, wisdom from God. What does this mean to you in practical terms? If you're facing a challenge, like at work, and you don't know how to resolve it, you could say, Jesus you're my wisdom. I thank you that you will provide me with the best solution. If you have a child who's problematic, I don't have that problem my child is awesome and never does anything wrong.

Sean: I never made mistakes when I was a kid.

Ray: Never, it was amazing.

Sean: I never had to be stoned.

Ray: No, it's true we never had to stone you not even once. We certainly never had to stone you to death. If your child is different than mine and you've had some challenges, then you can say Jesus, thank you for wisdom and loving and raising this child well. I think it's important for us to meditate on how Jesus has become wisdom for us. He has all the treasures of wisdom, knowledge in Heaven and Earth. He made Heaven and Earth. He knows everything, for crying out loud. Who else would you ask, except the guy who knows everything?

As you make declarations over your day, some of you may know I make declarations and we're going to talk about how you start your day shortly, but one of the declarations that I make every morning is that I have wisdom. I will say the right words and think the right thoughts and do the right things in every situation I face and it's because of Jesus. If that doesn't encourage you then you've got bigger problems than whether or not you have wisdom.

Feature Presentation

Sean: All right, now we move on to the main topic, 7 Ways to Supercharge Your Morning. So dad tell me, what are the 7 ways that you can supercharge your morning?

Ray: The first thing you can do is have your son brew this awesome coffee for you, this natural process coffee that requires a virtual mad scientist laboratory to make.

Sean: Virtual?

Ray: Well it's an actual mad scientist laboratory. You make some of the best coffee.

Sean: Thank you. Sometimes.

Ray: It's an art. It's not like you just stick it in a pot and push a button.

Sean: No, who does that? No.

Ray: Okay. I like numbered lists you know, and in fact, I don't think you can impart wisdom if it's not on a numbered list. That's why there are verses in the Bible.

Sean: Because you know, when the people were talking in the Bible they spoke the numbers out, like mid-sentence sometimes.

Ray: Three, and then we shall say unto them, four.

1. Go to bed earlier.

This is not going to seem like a great revelation to many, but I was having quite a bit of trouble with insomnia lately and I blamed it on various things and I tried different approaches to dealing with it, all except the most obvious, going to bed earlier. I told myself the story that I'm not sleepy so why would I go to bed. There's a good piece of advice which is, if you're in bed and you can't sleep it's probably best to get up and do something else until you're sleepy and that's true. But I decided ahead of time that I wasn't going to be sleepy so I just didn't go to bed until late.

When I started going to bed around an hour earlier guess what happened?

Sean: You went to sleep an hour earlier?

Ray: Yes!

Sean: I'm glad I got that right.

Ray: So, if you are one of those people who say to yourself, I never get enough sleep. I can't get enough sleep, just go to bed earlier.

Sean: You know, you were talking about an obvious thing. One point five is something that I learned is that, you shouldn't have caffeinated beverages at 4:00 o'clock. I remember painting the house many moons ago and I drank Mountain Dew into the afternoon to push me through the afternoon and I couldn't sleep. I was having such serious bouts of insomnia. I must have a sleep problem. I went to a doctor.

Ray: I'm going to get a sleep study.

Sean: I went to a doctor to get a sleep study and he asked me what I was doing. I told him I was painting the house. He said what were you drinking? I said soda, a lot of Mountain Dew. When do you have it? I told him and as it came out of my mouth I realized, and here's the thing. I talk to a lot of people and they say caffeine doesn't affect me. I can take coffee at

10:00 p.m. at night, it doesn't affect me, but I cannot sleep. I can only sleep five hours a night.

Ray: Caffeine doesn't affect me. We have a word for that. Bull crap.

Sean: I was going to say denial.

Ray: Yes, that's the Christian way to say it.

2. Get 8 hours of good sleep.

There's a lot packed into this sentence and I realize it's not as easy for many of us as it sounds. Even though I don't drink caffeinated beverages after noon and I go to bed earlier and practice good sleep hygiene. I sleep in a quiet room and use a mask that blocks out the light. I use earplugs that block out the noise. I have white noise going in the background.

Sean: I bath my sleep because I want good sleep hygiene.

Ray: Right, good clean sleep. So even though I do all that I still don't sleep particularly well all the time. There are things you can do to improve that and the purpose of this show isn't to go into depth on those things but some are:

Get exercise later in the day, mid-afternoon.

A couple hours before you sleep take a hot shower. As your body cools down it will make you sleep better.

Have cooler temperatures in your bedroom, these things all contribute to good sleep.

You can get 8 hours of lousy sleep and it won't do you as much good as five hours of great sleep. So the goal is to get 8 hours of good sleep and if anyone tells you, I don't need 8 hours of good sleep I do fine on four or five, they're kidding themselves. They're either lying to you or they're lying to themselves or both, because physiologically we're designed to require 7-9 hours of sleep every night to operate at an optimal level.

3. Get up at 5:00 a.m.

Why do I recommend that? Because most people don't get up at 5:00 a.m. My wife, your mother, Sean.

Sean: Good, I'm glad that's the same person.

Ray: She doesn't normally get up at 5:00 a.m., but a few days over the past week she did and she made the same comment both times this happened. It was about 9:00 o'clock and it was something on the order of, I can't believe how much I've gotten done and it's just 9:00 o'clock. That's an experience you can have every day and maybe it's not 5:00 for you, maybe you normally get up at 9:00 so it would be a big deal for you to get up at 7:00. The point is to get up earlier because you get a head start on the day and you can get more things done. It will increase the likelihood of you having a successful supercharged morning.

4. Hydrate, oxygenate and meditate.

That's not alliteration.

Sean: I was going to say, not only do you like literation, but you like reverse alliteration.

Ray: I like that.

Sean: Also known as rhyming.

Ray: Hydrate, when you wake up in the morning that is the time of day, unless you're doing long distance running in the Gobi desert, when you are most dehydrated. The level of usable water in your body is all concentrated in one place in your body and it desperately wants to get out by the time you get out of bed in the morning. I think you know what I'm saying. So the first thing you do is hydrate. Drink a good 8-16 ounces of good fresh, clean water.

Oxygenate, maybe for you this means working out and exercising or, if you don't exercise in the morning and you're an afternoon or evening exercise kind of person, you might want to do some deep breathing, because it's true that most of us don't breathe deeply enough. Think about your breathing right now, are you breathing shallow in the top part of your lungs? Does your belly go up and down, in and out? If your belly doesn't expand when you breathe then you're not breathing to the bottom of your lungs, so you're breathing shallow.

Take 10 good deep lung filling breaths and you don't have to do anything fancy but it would help if you counted to four as you drew the breath in and counted to four with the same speed as you hold the breath and then count to four as you let the breath out, so that you extract the most oxygen from that air and you do 10 good deep breaths like that and I promise you will feel different, you will feel oxygenated. If you feel dizzy after you do that it means that you need to breathe more.

Meditate, is that what I said? I believe that it's a Christian thing to do to meditate. Some people get freaked out by this and think if I meditate then I must be following some Eastern religion or following some weird mystical practice. It's possible but in my case it's not true. Meditation is a form of calming your thinking process, quieting the noise in your head and seeing what happens when your brain experiences quiet and you stop thinking so much and then you let yourself be for a while. It lowers your blood pressure and raises the level of good hormones and neurotransmitters in your brain. It gives you more of a relaxed calm state with which to face the rest of the day.

It's not the easiest thing in the world for most people. There's a great app you can get called **CALM** that will help you with guided meditation. It's not tied to any particular religious faith, so you can do it whether you're an atheist, Christian or a Hindu. You can do the same meditation in this program and I've used it quiet effectively. You can start with as little as five minutes in the morning and work your way up. I recommend if you can get to it to doing 20 minutes in the morning and 20 minutes in the afternoon. It has made a huge difference and I've been meditating regularly now for about two months. I can't recommend it enough.

5. Feed your spirit.

I feed my spirit by listening to songs of worship in my religious faith, Christianity. I listen to worship music that's made by Christians. I want to be clear about this, when I say worship

music I mean worship that praises God and magnifies his goodness and declares the same things over my life and destiny and the lives of those around me and the world that God declares in his word.

I do not mean, there's a form of Christian music that sings about our problems, but it sings about them in a way that seems to almost put the problems up on a pedestal and idolize the problems. I don't think that's good to put into your head. I think focusing on God and his goodness or whatever your spiritual food might be, focusing on the positive, beneficent well-intentioned force that created you is much better than idolizing and focusing on, and making odes and ballads to your problems.

6. Feed your mind.

Guess how many books most people read after they leave college?

Sean: I don't know.

Ray: Guess. Their entire life after they leave college, guess how many books they read?

Sean: One hundred.

Ray: One. That's most people, one book after college. Those people are not feeding their minds anything good, maybe the morning news.

Sean: Which is not always good.

Ray: Not always. It's good to be informed. If you can find a news cast that informs you and doesn't fill you with anger, bitterness and fear, paranoia and conspiracy theory that's good.

Sean: Or fluff.

Ray: This morning the toothbrush that Tom Cruise uses.

Sean: A squirrel who can jet ski.

Ray: A monkey who plays the piano. All coming up on morning news express. Feed your mind. Put something positive into your mind. I like to read. I have a very specific routine that I follow. It doesn't have to be your routine, but I read from the Bible, from a spiritually oriented book and then from a self-help book or a book that's informing or educating me about history or philosophy, something that's feeding my mind. This isn't the time I spend reading novels or entertainment, that's good too, but I'm putting things in my mind that improve my mind, that makes me think, that helps me learn things to help me grow and expand my horizons.

7. Decide what your one thing is for the day.

This is the hardest thing for me and I'll be vulnerable and tell you that this last point is one of the things I'm still working on in myself. I overload my to-do list than a lot more things than I can actually get done. We set this unrealistic expectation, we have 10 things on our to-do list. Do you ever get all of them done or do you keep shuffling them until tomorrow? Guess what, it's only you and me and 7 billion other people that do this.

Why not decide on the one thing that you need to do today, the one thing you absolutely must do, the one thing that if you did this one thing it would make everything else that you do today easier or maybe not even necessary. *The One Thing* a good book.

So, those are the 7 ways to supercharge your morning.

Sean: To recap, the 7 ways to supercharge your morning are:

1. Go to bed earlier.
 - 1.5 Don't drink caffeinated beverages after 4:00 p.m.
2. Get 8 hours of good sleep.
3. Get up at 5:00 a.m.
4. Hydrate, oxygenate and meditate.
5. Feed your spirit.
6. Feed your mind.
7. Decide what your one thing is for the day.

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Any final thoughts?

Ray: There used to be an ad campaign the US Army did that I loved. This guy would come on and say, in the Army we do more before 8:00 a.m. than most people do all day. That's what you can do if you'll follow this kind of routine and supercharge your morning.

I'd like to paraphrase something that Dave Ramsey says often, it's good advice and even if you feel like doing this supercharge thing in your morning just remember... *if you'll do what others won't you have choices that others don't.*

Until the next time may God continue to bless you and may He do something surprisingly, stupendously wonderful for you that makes you go what, that's crazy! I pray that happens for you this week. See you next week.

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