

HOW TO ACTUALLY GET UP EARLY

Check off the techniques you'll try this week (choose 2-4 from list):

Tactic		
Accountability group/partner	<input type="checkbox"/>	<input type="checkbox"/>
Coffee	<input type="checkbox"/>	<input type="checkbox"/>
Sunrise alarm clock	<input type="checkbox"/>	<input type="checkbox"/>
5-4-3-2-1 launch (5 second rule)	<input type="checkbox"/>	<input type="checkbox"/>
Pack gym bag night before	<input type="checkbox"/>	<input type="checkbox"/>
Layout workout clothes	<input type="checkbox"/>	<input type="checkbox"/>
Comfy blanket/slippers/robe transition	<input type="checkbox"/>	<input type="checkbox"/>
Alarm clock across room	<input type="checkbox"/>	<input type="checkbox"/>
15 min earlier/day	<input type="checkbox"/>	<input type="checkbox"/>
'No thoughts' – keep brain turned off to avoid rationalizing	<input type="checkbox"/>	<input type="checkbox"/>
Set coffee machine timer	<input type="checkbox"/>	<input type="checkbox"/>
Positive mantra	<input type="checkbox"/>	<input type="checkbox"/>
Wake-up meditation while lying in bed	<input type="checkbox"/>	<input type="checkbox"/>
Workout in your pajamas	<input type="checkbox"/>	<input type="checkbox"/>
Put pre-workout drink on bedside table	<input type="checkbox"/>	<input type="checkbox"/>

ACTION: Write on a sticky-note your AM tactic list and put on your bed-side table

Failure to prepare is preparing to fail" ~Benjamin Franklin