



Purpose with Pamela

The 5 Steps To My Empowerment Routine

For years, I did not realize that every morning, I lost the battle of the bed. It was costing me greatly in the area of time and success. Here is an example. Pushing that snooze button for the equivalent of 30 minutes extra sleep was costing me 10 hours of my life every month.

Across the board, most successful people have something they share in common: They guard their mornings. They cherish those hours to invest in themselves while everyone else hits the snooze button.

Here are some examples:

Howard Schultz, former CEO of Starbucks, wakes up at 430am, walks his dogs, and works out.

Mick Jagger, lead singer of the Rolling stones, credits his morning ritual of working out six days a week to helping him reduce stress and keep up his stamina. (He is 76)

Lady Gaga begins each morning with yoga as well as five minutes of gratitude.

Bill Gates, founder of Microsoft, starts each day with one hour on the treadmill while watching educational teaching.

For many years, I was not proactive about my day but was reactive. I was continuously racing against the clock, losing my patience and then beating myself up about all of it.

Have you ever been on an airplane flight and heard the flight attendants say before take off. "In case of emergency oxygen masks will drop down from the ceiling. Secure yourself before helping children or others." It is the same with your day. Once you invest first into yourself; you are prepared to invest into those around you.

I quickly came to the reality that if I was going to change my life, I had to change my mornings.

I asked myself these questions: Is my family worth 60 minutes? Is my future worth an hour? Of course, the answer was yes. I tried out a morning routine for 21 days, and It changed my life, so I have stuck with it.

Here is my morning routine. You can use it or adapt it for your life. You will be so HAPPY that you did!

1. Gratitude and Peace First:

Before I get out of bed, before I open my phone, I start my day by thanking God. I find at least five things to be grateful for. This may be my family, my health or even the moose tracks ice cream I ate the night before. I meditate on a verse, a song, or the sound of my breathing. I pray for my family, friends, etc. I ask for heaven's blessing on their lives and about anything specific that they need help with. I don't script it, I speak straight from my heart. You may choose this route or utilize a scripted morning prayer. You can find those easily using a Google search. What matters is that you pray in a way that is meaningful to you.

I also keep my journal close by. I write down thoughts, verses, quotes or songs that come to me. A journal can be a note app on your phone all the way to a pretty paper journal. You will be amazed by the gold nuggets you will begin to collect. I am a believer that journals are priceless. A good journal is not measured by the cost you pay for it. A good journal is measured by the cost of what you put in it. Make what you put in yours priceless. I mentally walk through my day and put it in order. I mindfully think through the events of that day. What is on the schedule? Is there anything I need? Is there someplace I need to go? [Link for Adventure Journal](#)

I am a mother of six beautiful children a grandma, a wife, a minister, results coach, speaker and author. My days are very busy. In order for a morning routine to be effective, I have to get up early before my family does. It was a struggle at first. In the beginning, I did not always wake up and get out of bed. I was determined so, 24 hours later, I would try it again. Even with middle of the night baby feedings, my body became trained. To this day, the decision to start my day with gratitude and peace, has become my number one decision. The one I can't afford to not do.

Starting your day like this has a powerful impact on your mind and body. It will Rewire your brain and bring all kinds of other benefits like focus and resilience.

This whole process only takes about ten minutes, and it is the most important step.

2. Daily devotional time:

As I get out of bed, I hit play on an audible version of the Bible or something inspirational. While it plays, I get ready for my day.

Remember when I said that I made the decision to get up before my family. At this point most likely everyone is still asleep. If by chance you have a baby who is awake for a morning bottle that is ok. When mine were that old I gave them a bottle and listened with my earbuds. If you have toddlers, wake up and do what I did. Give them a few special quiet toys to play with and listen to the audio book together :)

Step two of the morning routine feeds your faith. It also builds upon the gratitude and peace groundwork you have already laid. You will feel noticeably more peaceful and alert at this point. Step two should also take around 10 minutes.

3. Exercise body and mind:

Create a podcast playlist on Spotify, Youtube or the like. I like to listen/watch something inspirational or motivational. You can work smart here and double up. While you listen, do Pilates or take a walk. You can exercise your mind and your body at the same time. Physical activity makes you feel strong. When a person feels physically strong their self worth goes up. Which means you are in a better state of mind for whatever the day brings. Exercise also improves your mindset and your emotional health.

Remember hopefully everyone is still asleep, so hop into the shower if you want to or change your clothes. Plan on about 20 minutes.

Now you have started your day with gratitude and peace, fed your faith, exercised your mind and your body.

4. B&B, breakfast and a book:

You can attend Breakfast University while you have your coffee, protein shake, or scramble an egg. It is time to listen to an audible book or class. Choose something that will serve you.

Maybe you want to learn a new language. Read a book on self improvement or a bible study. Maybe you want to self educate on a topic. You can do all of this audibly. The possibilities are endless.

The average book takes about 8-10 hours to read on Audible. If you spent 20 minutes each morning listening to a book. In one year of time, you could have read the equivalent of 12 books or learned a new language. Isn't that amazing! Bonus, you are doing all of this while everyone is sleeping.

5. Review goals and affirmations:

Goals

If you have not taken the time to write down your goals or dreams. Begin by using this time to write them down.

What are your spiritual goals?

- Do you want more joy in your life?
- Are you looking for more ways to serve others?

What are your physical goals?

- Do you want to lose 50 pounds?
- Do you want to walk 5 miles a week?

What are your financial goals?

- Do you want to pay off that credit card?
- Do you want to do some financial planning?

What are your family or relational goals?

- Do you want to spend more time with your children or set a date night with your spouse?

Write down your goals and review them every day.

Affirmations

We believe what we say to ourselves more than we believe anyone else. Personally, I do a sales job on myself every morning. I take a few minutes to read out loud some daily affirmations and encouragement.

My affirmations look something like this:

- I am disciplined in spirit, soul and body.
- I am highly focused on my dreams and goals.
- I am happily married.
- I am filled with joy and peace.

I also read scriptures out loud like:

Jeremiah 29:11... God you know the plans you have for me. Plans for welfare and you are able to give me a future and a hope.

Ephesians 6:10... I am strong in the Lord and in the power of his might.

Have fun creating your affirmation list. Be creative and write them based on your goals and dreams,

I have all of step 5 downloaded into my phone. Which makes reviewing them easy.

This takes about 5 minutes and hopefully everyone is still asleep.

My morning routine runs me about an hour. I call it my hour of power.

People that are successful are committed to having daily "Me Time." Once I won the battle of mind over mattress "Me Time" became my morning routine everyday.

The secret of your future is hidden in your routine. The secret of your routine is found in your mornings.

www.purposewipamela.office@gmail.com
<https://purposewithpamela.com>