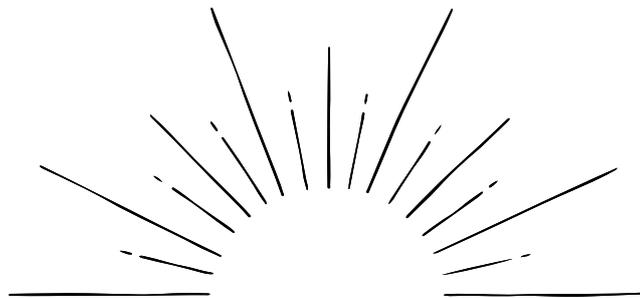


Rise & Thrive

**Start Your Day Right For
Achieving Excellence**



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1

ATTITUDE of GRATITUDE 3 Min

Begin each day by being grateful you're alive and have the opportunity to live today. Research shows that gratitude can boost your mood, improve resilience and improve your overall life satisfaction. Wallace Wattles taught that gratitude connects us to the **source** energy of all life. So connect and cultivate this power by waking each day and performing the following simple practice.

Write out three to five things you have in your life that make you feel uplifted. Then write out three to five things that you truly desire and know are coming your way.

Start your day with the feeling of goodness and the energy of gratitude.

2

HYDRATE & WRITE 2 Min

About 70% of the earth's surface is water and like this great planet your Mind-Body is also mainly water.

As you hold your attitude of gratitude re-hydrate the cells of your body with quality mineral water and then write out your goal.

Hydration is essential for **optimal** brain function and wellbeing. Writing helps you create a clearer image in your mind and lifts your feelings. Feelings are vital as they drive your actions and results.

Make a daily habit of deliberately hydrating and writing out your goal.



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3

EXERCISE YOUR IMAGINATION 5 Min

Successful CEOs, pro athletes and goal achievers use the power of their mind to see and feel their completed goal.

Paint a beautiful picture of your desired outcome and allow your imagination to feed your **emotional** mind. Allow yourself to get excited as you see your completed goal clearly in your mind's eye.

Imagination is said to be the most important nation you have. Remember feeling is the secret. Feel your goal as if it has already been achieved. This is important!

4

BRAIN-BODY RE-BALANCE 5 Min

You know your body better than anyone. What areas require stretching? Take a few minutes to release tension out of those muscles and remind yourself that tension tires, relaxation rejuvenates.

After stretching those tight areas aim to get **outside**, breathe deeply and move while getting some early sunlight if possible.

Movement outdoors lifts your spirits, boosts your mood and sets you up to thrive each day.



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5

STUDY & REVIEW

Dedicate time to improving your life by learning. It might be personal growth, educational material or industry related content.

Continuous learning **stimulates** your brain, fosters creativity, and enhances problem solving abilities that will be crucial for personal and professional growth.

Then take a few minutes to prioritize your tasks for the day. This helps set your mind on what's important to achieve and align you with achieving your goals.

6

BONUS

In truth, to benefit greatly from your Rise & Thrive practice you must consider the last few hours of the night before. In today's world we're often convinced it's OK to go without sleep. It's not. A lack of quality sleep impairs both your physiological and psychological well-being. Aim to get away from screens and hit the hay as early as possible every night.

This practise is one of the hardest for most people to grasp and implement. I encourage you to develop a **Rock Solid Everest Attitude** around your personal and professional performance. This attitude encompasses getting quality sleep for a better brain & body, so that you **can** Rise & Thrive.



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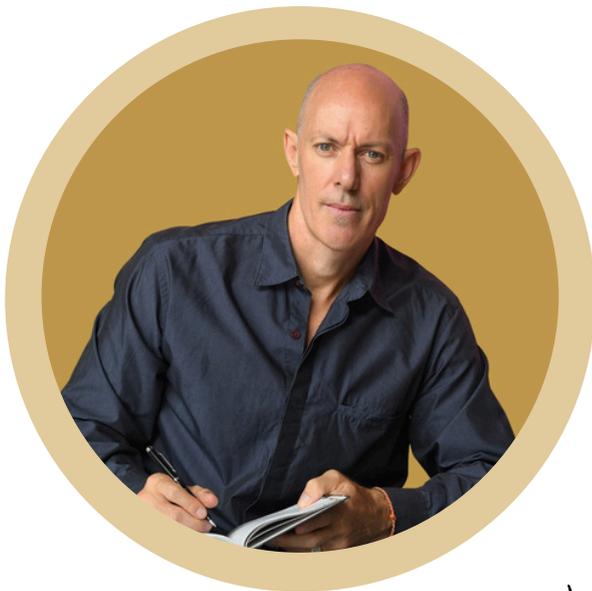
Rise and Thrive Wake Up and Win

By consistently integrating this Rise & Thrive practice into your wake up routine you will cultivate a powerful practice that can transform any area of your life.

Your daily wake up ritual is one of the most important aspects of your life to get right. Utilize this time wisely to reduce stress and cultivate more success.

If you desire more joy, vitality and freedom in your life this Rise & Thrive practice will serve as a catalyst to make that your reality.

It works - when you do the work!



You know you can reach new heights in your life so cultivate a Rock Solid Everest Attitude. You have nothing to lose and everything to gain.

