

# Tanya Aliza's MORNING SUCCESS ROUTINE





First off, thank you so much for requesting this guide and it's so great to meet you if we're meeting each other for the very first time!

I've been meaning to put this resource together for a very long time and I'm so excited that I finally sat down and made the time to do it for you.

You know when you find something that changes your life and you want to scream it from the roof tops?... well this is one of those things!

Since implementing this morning routine, I've seen significant improvements in my:

- Health
- Finances
- Energy
- Relationships
- Time management
- Attitude
- Goals
- And so much more!



I would definitely recommend picking up the same book that got these wheels turning for me called The Miracle Morning. There's a few editions and if you're in Network Marketing, I suggest getting The Miracle Morning for Network Marketers.

I'll leave these Amazon links for you to click and check them out:

[The Miracle Morning](#)

[The Miracle Morning for Network Marketers](#)

I have both and I'm actually in The Miracle Morning for Network Marketers!

The Smart Phone App I Use to Structure My Morning Routine:

I learned about this app from my good friend Rudy at a Networking event and I loved it from the moment he showed it to me.



It's called 'Seconds'

You can download it from the app store.





It's actually an interval timer, but I like to plug my morning routine in there and have it keep me on track.

I'm so bad with getting side tracked and this app makes sure that that doesn't happen, making my mornings SUPER productive and on-track.

Here's a snap shot of what my routine in the app looks like:



More great training and fun on  
Tanya's Blog:  
[TanyaAliza.com](http://TanyaAliza.com)

Right when I wake up in the morning I press the Play button and that interval trainer keeps me in check.

My goal is to get done each item in the time allotted for each task. You can imagine how much you get done when you're on a time crunch and there's no time to muck around.

Once the time is up for each task, it beeps and moves on to the next task.

# Tanya's Morning Routine

7am - Wake Up

7:05am - Brush My teeth (I have a Sonicare electric toothbrush that I love!)

7:08am - Make a Green Tea (My favorite is Zen by Tazo)

7:12am - Meditation (I love listening to the Yoga Station on Pandora)

7:15am - Affirmations & Visualization

I have about 10 affirmations that I affirm and say out loud every morning. I have them in a notes folder on my iPhone.

Tip: Focus only on positive! DO NOT say 'I want to get out of debt'  
This puts energy on the word "debt" and attracts more debt to you.  
Instead say, 'I'm so happy and grateful that money flows easy to me everyday  
and I have an abundance of money in my bank account'

7:18am - Facebook Post

7:28am - Rest for 1 min (This gives me some time to get set up at my desk for my next task)

7:29am - Blog Post Work / Content Creation

One of the biggest elements and money making activities in my business is  
creating purpose driven content for my audience and brand.  
If you have a different activity that is your biggest money maker, replace  
this with yours!

If you'd like more information on creating a Brand and Money Making Blog online,  
be sure to check out my program called **The Ultimate Branding Blueprint**.

8:29am - 5 min rest (This give me enough time to get set up for my next task)

8:34am - Exercise and Audio learning

- Sometimes I go for a jog around the lake that we live on or I'll work out in my home gym with some basic weights and my yoga mat. I'm not a hard core fitness girl, but I do like to stay healthy and toned.
- I also like to batch together my learning for the day, so while I'm working out, I like to listen to Podcasts....I'm in LOVE with Podcasts. Some of my favorites are Amy Porterfield's and Digital Marketer's Podcasts. Check them out, they're really good!

8:54am - 2 mins rest

8:56am - My Healthy Energy Packed Shake. See below for my recipe :-)

9:14am - Shower and Get Pretty for my day!

9:39am - DONE my Miracle Morning!

WOW.... Yes, I do a lot before 10am and that's why I'm so successful. I truly believe I would not be at the level I am today without this routine!



**REMEMBER:** This is my routine and yours can be completely different and modified. You might wake up earlier than me or you might have kids and you'll have to do this before or after they wake up. Either way.... find a way to make it work!



BONUS!

# MY GREEN SMOOTHIE BREAKFAST RECIPE

This is super quick, packed with vitamins and will keep you energized all day!



## FIRST

I use my Vitamix blender, but you can use whatever blender you have.

2 handfuls of fresh spinach

2 cups of water

1 packet of Stevia (Optional)

Blend together until liquid

I drink half and I save the other half for throughout the day as a healthy snack!.

## NEXT

1 Banana

2 cups of frozen berries

2 Tablespoons of Hemp Hearts

2 Tablespoons of ground Flax

1 Tablespoon of coconut oil

Blend together

Sometimes I add an apple, but that's it!



## YOUR TURN

I hope this encouraged you to create a Miracle Morning for yourself!

I want to hear about your morning routine...come and share your morning with me on my Facebook page at:

[www.Facebook.com/TanyaAliza](http://www.Facebook.com/TanyaAliza)

Here's to your Miracle Morning!

*Tanya Aliza*