

## Start Your Day With Vigour and Vitality

By Konrad Wentzel

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Endorphins are powerful feel-good hormones that are released through exercise. To improve your wealth right now, you need to start feeling better about your spiritual, emotional and physical well-being.

When you feel really good about yourself - confident, happy and healthy - you start to attract important information and clues towards your process of accumulating wealth.

To start an exercises regime in the morning before you start your day will release this much-needed hormone and make a big difference to your day!

If you have applied the law of colour, systems and keeping a diary you will also have slept well the night before, knowing that you are prepared for the day. This positive energy, coupled with your morning “endorphin high” will make it far easier to implement your plans for the day.

If you are a person who works for a salary, you can most certainly be sure that you will one of the few people in the office that grabs the attention of your boss.

If you are a business owner generating your own income, you will be able use this daily positive energy to further your growth.

Of course, the one thing that might stand in your way is your warm bed! There is a great way to overcome this obstacle and I give credit to our wonderful leader Mr Nelson Mandela for this solution that I starting using when I too struggled to get out of bed in the morning.

When Madiba was a prisoner on Robben Island, it was customary to give the prisoners a set routine in the morning. They were woken up and then given some time to read before getting up out of bed to exercise. It is far easier to get out of bed after some mental stimulus, rather than just getting straight out of bed when your alarm goes off.

### Consider the following routine

Firstly, put your clock on the other side of the room. This will force you to switch on the light and get up out of bed to turn the alarm off, rather than snoozing repeatedly, which has been proven to make you feel more tired.

Then spend a few minutes reading. A really good idea is to read biographies, particularly of people who inspire you; who you respect and admire.

This sort of reading will stimulate your mind and even give you a sense of achievement. It will also go a long way to preventing you from feeling sorry for yourself if you have just been reading about someone who overcame great obstacles to achieve recognition.

Once you are up, do your chosen exercise with the surety that you have achieved something great just by getting out of bed and starting your day well! Then you can shower, and get ready for a fantastic, productive day.

This sort of routine will help to boost your endorphins, which will in turn make you feel more positive and energised throughout the day. As your days grow more productive and positive, you will start to see results in your attitude, relationships, work and ultimately – your bank balance!

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