

*God, grant me the serenity to accept the
things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.*

- Reinhold Niebuhr (1892-1971)



*“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”*

– Mahatma Gandhi



*“We become what
we repeatedly do.”*

– Sean Covey



"I tell my soldiers all the time, there's nothing you can't do if you get the habits right."

- Charles Duhigg



“Motivation is what gets you started. Habit is what keeps you going.”

– Jim Ryun



*"The secret of your
future is hidden in your
daily routine."*

- Mike Murdoch



"Eating right and taking the time to slow down and plan in the morning is crucial to a productive day."

- David Moore



“Your first ritual that you do during the day is the highest leveraged ritual, by far, because it has the effect of setting your mind, and setting the context, for the rest of your day.”

– Eben Pagan



"I've found that the first thirty minutes of my day have the biggest impact on how I feel for the rest of my waking hours."

- Mollie Surowiec



“Routines are the ideal way to bookend your day. I think they are the building blocks of effectiveness, efficiency, and efficacy.”

– Mike Vardy



“The key is not to prioritize what’s on your schedule, but to schedule your priorities.”

– Stephen Covey



*“Want to be a morning person?
There’s an app for that. I’ve been
using it for years. It’s called
“Alarm” and it’s the worst.”*

- Ashley Mayer



“I have retired, but if there’s anything that would kill me it is to wake up in the morning not knowing what to do.”

– Nelson Mandela



“When you arise in the morning, think of what a precious privilege it is to be alive; to breathe, to think, to enjoy, to love.”

– Marcus Aurelius

