**Hour of Power!**

**The HOP format is whatever you want**. What is important is that you control your emotions and thoughts immediately upon waking and reinforce what you want in your life. Each day builds and in as little as 21 days your life can be changed.

Win the Morning Win the Day!

Put on your suit of armor on each day.

**Some components of a HOP would be:**

Smile, realize all the wonders already in your life, Be Grateful!

Give thanks in advance for what is already yours!

Listen to YouTube morning motivational, affirmation, discipline, happiness videos.

Say out loud affirmations with emotion and gratitude.  
Get isolated and read or listen to inspiring material.

**Review goals which are:**

1. Specific, the more clarity and detailed the better
2. Have a dead line, time bound, attainable and realistic
3. List your action steps, Battle Plan, Eat That Frog chunk it down and begin now
4. Note the reward or benefit, make it Juicy, what makes the hairs stand up?

**Read a daily statement of Purpose** (Your Purpose is ***why*** you do what you do)

Write out 3 different statements, each 3 times.

For example:

I have the opportunity to show up as the best me ever.

I am feeling healthier and healthier.  
Today is a great day.  
I am grateful for all that I create and receive.

**Visualization and meditation**, basically watch a movie of yourself with all the success you want and your goals accomplished, feel it.

Quite your mind and get centered for 10 to 15 min  
  
Use journaling to keep track of goals and achievements and things you are grateful for. Then review your list each week and then monthly to see and feel gratitude for what you have.  
  
**Get some exercise or movement in.**

Be happy to be happy and release yourself from the outcome even when things are not going well yet. Handle all setbacks gracefully.

Some recommended books: 10X Rule by Grant Cardone, Eat That Frog by Brian Tracy, Tools of Titans by Tim Ferriss.

Affirmations:

Today is a great day and I am the best me ever. Every day in every way I am happier, healthier better and stronger. I am so very happy and grateful now that I am so healthy and fulfilled.  I am an irresistible magnet because I attract everything I desire into my life. I am totally open and receptive to the abundant flow of prosperity that the universe offers. I am divinely guided and protected and I make choices that are beneficial for me. With the full realization that there is no limit to the supply of money, I claim my share right now and give thanks for the generous portion that I receive.

I love new patients. I just always attract patients who are simply terrific. Selling is serving and my perfect patients recognize and appreciate my extraordinary service. I am happy. I am successful. I am a Socratic fanatic. I am healthy, I am flexible, I flow effortlessly. I ask the universe for what I want. I visualize and feel what I want right now. I recognize and take action with the full knowledge that the universe has already provided what I want. I am deeply grateful for everything and everyone that I attract into my life. I love myself. I love my family. I love chiropractic.  I love my patients. I am love and I am a great communicator. I am incredibly successful and fulfilled as I continue to grow myself out of abundance.

“Who you are determines how well what you do works”

“Give thanks in advance for what is already yours.”