

MY MORNING RITUAL GUIDE

5 THINGS TO
DO BEFORE
YOU
LEAVE THE
HOUSE.



JONNY STOFKO

PART 1: TAKE 10 LONG DEEP BREATHS



"BE AWARE OF YOU BREATHING, NOTICE HOW THIS TAKES ATTENTION AWAY FROM YOUR THINKING AND CREATES SPACE"

- ECKHART TOLLE

OVERVIEW

The moment we wake up, our mind and body is at its clearest state of the entire day. It is free from the external energy from the night before. In light of this, I have a ritual that I engage in every morning. My alarm sounds off at 5AM. My first thought in my head is, "I'm lucky to be alive right now." Trust me this wasn't always the case; I used to waste half of my day by sleeping all through the morning. I was able to rewire my brain, reversing my conditioned state of being through repetition, discipline and heaps of devotion. I went from a self-proclaimed "non morning person" to a guy who loves waking up to the moonlight and staring at the stars. Our birth right is simply being present. Our choices right from the start define our outcome.

BENEFITS

Deep long breathing has been linked to numerous health benefits. The main one is the release of stress. We all know how damaging stress can be to our overall well being. If you practice these techniques each morning, you will free your mind and relax your body. This will also assist in alleviating any anxiety you might have towards the upcoming day. Deep breathing has been linked to pain relief. When we breathe deep the brain releases endorphins. Endorphins are your body's natural painkillers.

TECHNIQUES

The technique I use every morning is quite simple. I sit up in my bed, and place my feet gently on the floor. I always make sure that my posture is upright, spine straight and chest proud. This posture promotes maximum lung function assuring the deepest breaths possible. The next step is very important. I breathe slowly in and out through my nose. Tempo is very important, you want to achieve a certain pattern with your breaths. So I count to five while breathing in and the same five count on the out breath. I always focus on contracting my abdominals.

Be still and just breath. Do your best to limit any additional body movement. The feeling I have after each breathing session is rejuvenating. I'm now prepared to take on my day with the clearest mind and the upmost focus. Go.

PART 2: EXPRESS GRATITUDE



***"FOR ONE MINUTE, WALK OUTSIDE, STAND THERE IN SILENCE,
LOOK UP AT THE SKY AND CONTEMPLATE HOW AMAZING LIFE IS"***

- UNKNOWN

OVERVIEW

After thirty-three years on this planet, I've come to the conclusion that my life is a beautiful, chaotic, unplanned chained sequence of events. That being said, the very fact that seven billion humans are all simultaneously existing on this floating rock in the middle of space is a pretty big miracle. Just take a look at all the things that need to be aligned just for a foetus too develop and you'll start to feel pretty special. It's easy to get caught up in negative energy, and on the contrary, it's just as easy to get addicted to positivity. I, just like you, have gone through what most humans experience by the time they are thirty; heartache, fear of the unknown, loss of a loved one. Yet I've learned to love and embrace every part of it. It's important to remember, something that one person may take for granted on a daily basis could be the exact thing another person is longing for. Be grateful.

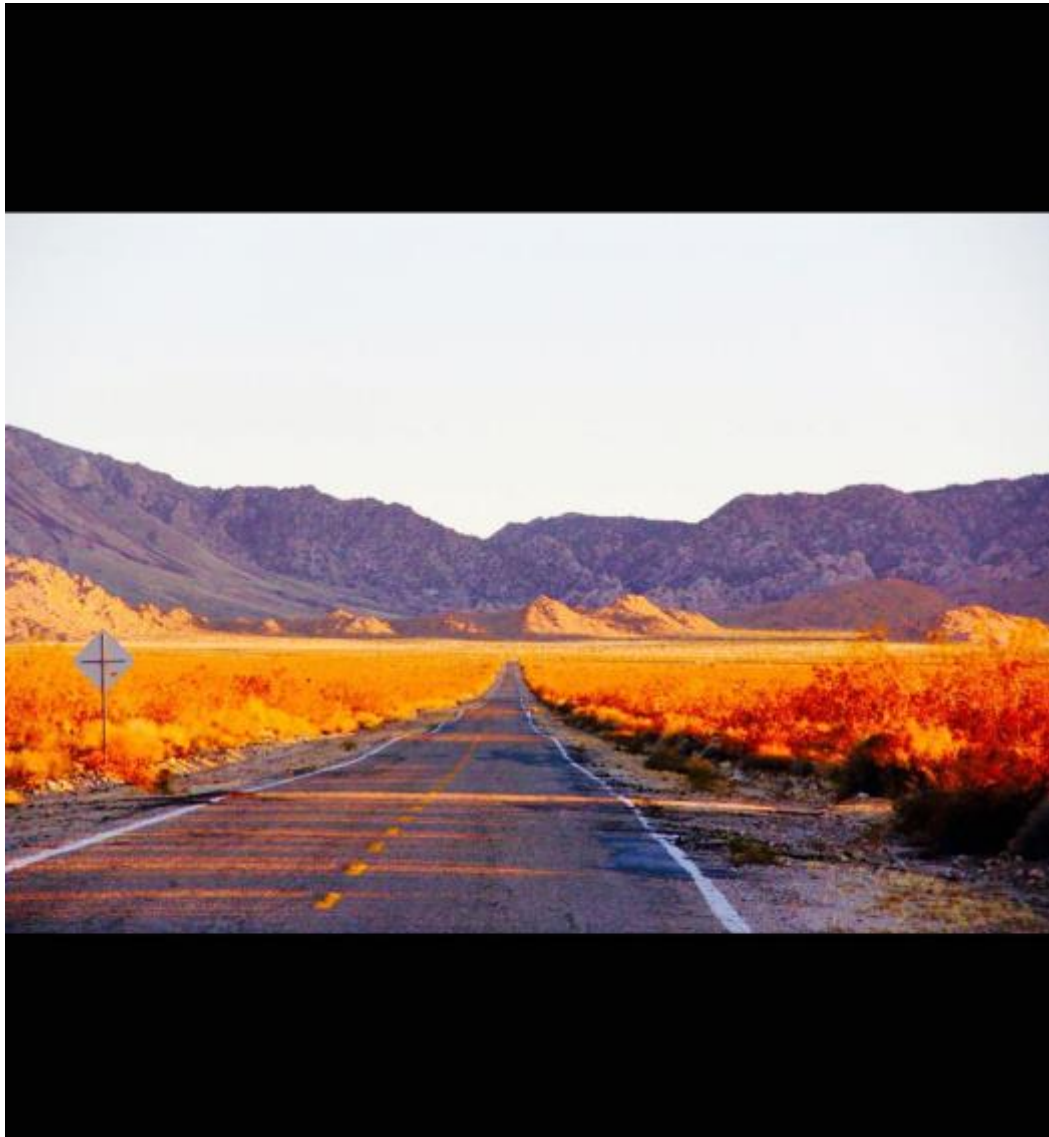
BENEFITS

In recent years, many studies have been done on the effect of positive thinking. People who express gratitude on a daily basis tend to live in less fear, have less pain and less anxiety towards the unknown. These people also tend to exercise more and have more scheduled regular check ups with their physicians. People who practice expressing gratitude each morning have also been reported to having better sleep, boosted self-esteem and longer healthier relationships. "Be happy with what you have, there is no exact way to happiness, happiness is the way".-Buddha

TECHNIQUES

We all have the power over our thoughts. It's through practice and discipline that we create positive habits. What works for me in the morning is directly after I do my breathing techniques; I set a mental outline for the day. I visualise step by step a single action I want to achieve. It amazing how powerful the human mind is, as I observe these simple manifestations appearing throughout my day. Once we become aware of something, we no longer have an excuse for lack of progress. Be happy. Be kind. Be grateful.

PART 3: SET INTENT FOR THE DAY



"THE QUALITY OF YOUR COMMITMENTS WILL DETERMINE THE COURSE OF YOUR LIFE"

- RALPH MARSTON

OVERVIEW

How we think is directly related to living with or without a purpose. By being aware we begin to have a more complete understanding of who we are. When we embrace what we love, follow our passion, as well as what we want to represent as a person; we lay the foundation for our intentions. When I look back over parts of my life that were a tad out of sorts, I can directly relate that to living without intent. I had a very little self-awareness of what I wanted. I strongly believe that people who struggle to find joy in their lives can easily overcome this mental block by taking the time to reevaluate their purpose. Every morning when I wake, I talk myself through my day. I set the intent in place with a single positive thought. Be present.

BENEFITS

A vital step in personal development is realising your life is made of choices. Being accountable for the past as well as and having a plan for the future will almost guarantee ones happiness. The best advice I've read on intent and living with purpose was from a speech by Richard Branson. He simple stated: "Life is as simple as getting to know yourself, find what your passionate about, list your skills and follow that". How easy right? The trick is believing in oneself enough to actually commit to the skill set. Put the plan in motion. Intent means purpose. Life with purpose is all you need. Trust your intuition, it's your spirit; it's your human.

TECHNIQUES

While I'm still in my bedroom, even before I brush my teeth I'm telling myself how my day will go. This decision is key for action. What it does is set the tone for me to own my words and hold myself accountable for my thoughts. I tell myself I will inspire someone today. This affirmation makes me aware of the choice I have. This accountability has a carry over effect in other areas of my day as well. The next thing I do is focus on a single purpose, whether it's saying hello to a stranger or being mindful while in line for the bus. I know that I have the power to positively effect someone's day. Goal setting for the day is probably the most important step. I write my goals down each morning in a journal. This form of expression is an easy trick to add to your day to give yourself a sense of accomplishment. We all need this. Some of us may not hear anything positive all during their work day. So accomplishing your goals will always give a positive boost to your mental outlook. The best advice I was ever given was from my leadership teacher. He

told me, “It’s okay to ask for help, the best leaders admit when they're wrong and they're always open for advice”. As individuals, in order for us to evolve we must put ourselves in vulnerable and uncomfortable situations. When we have an overlying plan of attack for the day it promotes fluidity and tempo. Intent brings purpose; life with purpose is a life with progress. Go.

PART 4: DRINK WATER WITH LEMON



"EMPTY YOUR MIND, BE FORMLESS, SHAPELESS, LIKE WATER"

- BRUCE LEE

OVERVIEW

I know this sounds pretty simple, but so many of us tend to forget the importance of staying hydrated with water. You should do this even before you brush your teeth. I have been doing this for over a year and definitely feel the benefits from it. I feel more refreshed in the mornings. This easy trick will also provide a little boost of energy to help you kick start the day. The key is to use warm or room temperature water.

BENEFITS

Countless studies have been done stating numerous benefits to starting your day with lemon water. The lemon water acts as a natural flush for our body, and it helps stimulate proper acid production in our stomach. I feel from a psychological standpoint, starting the day with a healthy and beneficial habit that promotes health will have a carry over effect in other aspects of our daily routine. A simple glass of warm water in the morning may assist you at lunch when you're deciding on what to order. The vitamin C and potassium in the lemon will actively give one's body a natural immune boost. Vitamin C is also good for our adrenals and has been proven to alleviate stress.

TECHNIQUES

The best way to set yourself up for success in the morning is to plan ahead. Many of us are strapped for time in the morning so prepping the lemons the night before is ideal. I like to cut the lemons in wedges or wheels, and place them in a container to store in my fridge. It only takes two whole lemons to serve you for the week. Get used to storing either room temperature bottled or filtered water as well. You can track more easily the amount of water your drinking this way. Never use ice cold water, the temperature is key, the warmer the water, the gentler it is on our system. The finest things in life are often the simplest.

PART 5: SMILE



"A WARM SMILE IS THE UNIVERSAL LANGUAGE OF KINDNESS"
- WILLIAM ARTHUR WARD

OVERVIEW

This is my Favourite thing to do. I can honestly say this wasn't always the case. Over time, I've realised choosing to be happy has been extremely beneficial to my overall livelihood. To quote the highly enlightened Jim Carrey “the effect you have on others is the most valuable currency there is, Our eyes are not viewers, they're also projectors that are running a second story over the picture that we see in front of us all the time”. To my friends and family as well as anyone who reads this; if there is anything about life that you wish to change, simply start that movement with a smile. A beautiful, genuine smile resonating from a face can serve as powerful as a lighting bolt. Smile.

BENEFITS

When we smile, our brain releases endorphins, which promote happiness and works to alleviate stress. A smile is a beautiful positive expression, which will benefit you in your relationships as well as help increase self-esteem. We never know who is watching. When we start our day with a simple smile, we are set ourself up for success. These things sound elementary; as most of us take it for granted how much influence our daily actions have on our overall wellbeing. Choose happiness. I'm a firm believer of the philosophy that the same energy we project out to the universe, we get back in one form or another. Smile!

TECHNIQUES

Sadly to say, I do meet people who have forgotten how to smile. In any case, when I'm feeling down or am struggling through a day, I remember my favourite moments. This technique acts as a mental anchor. Imagine your most enjoyable holiday, your favourite toy as a child or even an old friend, these memories are directly attached with genuine positive vibes and positives vibes create smiles. Life can be difficult, most often times it is, at the end of the day remember this, we are all on our own paths at the same exact time, that being said, take risks, challenge authority, smash through comfort zones, and be cool to people... Oh and never forget how powerful your smile can be. Peace.

About

Jonny Stofko is a health and fitness professional born in raised in America, with a background in American football, boxing, basketball and baseball. Jonny's passion for fitness and well being over the last 20 years has recently brought him to Australia. Credentials include: A B.A. Sports Psychology from California State University/Fullerton. He is a Master Graduate in Leadership and Personal Development from Rapport Leadership Intl., and has obtained a Diploma in Fitness and Nutrition from The Fitness Institute of Australia.

A fitness and lifestyle coach who stands behind the philosophy of longevity; Jonny uses natural and organic methods to train himself and his clients. Jonny incorporates a balanced physical routine, with a natural whole food based diet, and simple stress release techniques such as meditation and acupuncture. Jonny's passion for well being has a direct carry over with his clients.

Jonny's long term goals are to inspire and educate people on a large scale and to challenge people to step out of their comfort zones for the sake of their future and well being. A centre for relaxation, stress relief, meditation and whole nutrition is currently in the planning stages. Jonny plans to directly impact and educate the youth of Australia by empowering them to heal their bodies through natural practices by encouraging using alternative methods to heal the body. Cutting edge methods such as cryotherapy, hyperthermic conditioning, isolation tanks and acupuncture focus on longevity, while reintroducing the time-proven techniques on the power of positive thinking improve mental health.

Jonny currently resides in the Sydney area working with clients on a group and individual basis to help them achieve their full potential and reach their goals. In addition, Jonny also runs an online business as a motivational coach and mentor.