

# MAGIC TIME

**YOUR MAGIC TIME IS WHERE YOU CAN GET THREE TIMES AS MUCH WORK DONE AS YOU WOULD AT ANY OTHER TIME OF THE DAY. WE ALL HAVE OUR OWN MAGIC TIME WHERE WE ARE MORE FOCUSED, ENERGETIC AND CREATIVE.**

**For most people it is first thing in the morning. Your job is to identify your Magic Time, to block it off and ruthlessly protect it from others, and use it to your advantage. Leveraging this powerful opportunity is essential to making big progress every day.**

Let me be clear: you don't have to get up at 4am. You don't even have to get up at 6am (although it probably wouldn't hurt). The key is to start getting up fifteen minutes earlier than you are normally getting up right now, so that you can accomplish something every morning before the chaos of the afternoon sets in.

Research shows that beginning your day with a victory puts you in a positive mood. This morning momentum leads to more victories and continued progress throughout the day.

You also win your health battles early in the morning. Making time to exercise and choosing the right foods for the first meal of the day will help you make better decisions all day long. The right decisions will give you more energy so that you will be more productive, mentally sharp and free from fatigue - and even pain - all day long.

Your first victory sets the proverbial ball rolling. This first win is also the biggest win and one that no-one can take away from you. That's why you must start early and control your morning, so that (barring external emergencies) your day will go exactly as planned.

The worksheet is titled 'MAGIC TIME' and includes the following sections:

- TO MY NUMBER 1 PRIORITY**
- TOTAL OFF START TIME** / **Daily Rate** / **TOTAL TIME**
- MAGIC TIME: Start / End**
- TIME BLOCKS** (with checkboxes)
- OBSTRUCTIONS & INTERRUPTIONS** (with checkboxes)
- BRAIN DUMP**
- BIGGEST THINGS THAT HAPPENED**
- WINDSIGHT**
- GET IT DONE LIST:**
  - Clean
  - Water
  - Shower
  - Hair & Prep
  - Laundry
- SCORE** (with stars)
- www.milliondollarfitness.com**