**Good Morning Career**

**Exercise No. 1: Experience the Energy of Good Morning**

1. Set an alarm to wake up before the sun rises.

2. Before you go to sleep, with a relaxed mind make a list of the things you want to do tomorrow and write them down in a diary or a notebook.

3. Wake up when the alarm rings and go outside the house. Stand at a place from where you can see the sun rise.

4. When the sun starts rising, face it with your full body and soak yourself in its energy.

5. If you practice yoga, then this would be a good time to do the Surya Namaskar. Else, just stand with your head held high, and take deep breaths to inhale the fresh air.

6. Close your eyes, think of all the good things in your life and thank mother nature for a new day in your life.

7. Open your eyes and pick up the diary or notebook where you had made the list last night. Read it once again and begin your efforts to achieve your targets.

8. At the end of the day, check how many of your targets for the day you were able to achieve.

9. Think of what went right and what went wrong. Think of the improvements needed. Make a list for the next day and repeat the cycle.