

# Welcome to “Win the Morning”!

With 3 X Olympian Elizabeth Gleadle

This morning routine has become the catalyst for my "great" days. When done daily, it accelerated and supported my greatest endeavors! Win the Morning harnesses momentum upon waking, and channels it towards our priorities. **How "Win the Morning" started:** I have the most incredible (and strange) job: I throw javelin for a living. In my 17 year career, I've: - Competed at the 2012, 2016, and 2020 Olympics - Won 10 National Championships - Broken the Canadian Record 5x (currently sitting at 64.83m / 212ft) - Won Gold and Silver Medals at the Pan American Games (2015 & 2019) As much as I like javelin, I LOVE "high performance". I love figuring what habits and actions have the biggest return on investment. Off the track, I started by getting my Bachelor's of Science in Kinesiology - but when I graduated, I was hungry to learn more. For the last decade, I've dedicated myself to developing habits to optimize mental and physical performance. The first actions of the day often determined the rest of it. If I didn't start my day on purpose, my focus would wander for the rest of it.

I began testing different routines to see which had the greatest impact on my energy and focus. Many routines can be difficult to maintain due to their duration or complexity. I needed something that was doable, but effective.

I found that the “minimum effective dose” for each of my favorite habits was about 1-2 minutes, and had a significant effect on my focus. I committed to doing this routine every day in the lead up to my 2015 season. I became sensitive to small improvements and I saw challenges as exciting opportunities. Most days, I felt like I had made a significant step forward, which built my self confidence. I knew I could trust myself to make things happen. The routine proved it's worth at the Pan American Games, when - in the last round - I got bumped from first to third. Instead of my usual panic response, I radiated confidence: I knew I had done the work to be ready for this moment. On the last throw of the competition, I won the Gold Medal! Check out the first 2 minutes of this video to see the throw (it's pretty epic - guaranteed goosebumps): [https://www.youtube.com/watch?v=MOjSkpZQm5Q&ab\\_channel=DanGleadle](https://www.youtube.com/watch?v=MOjSkpZQm5Q&ab_channel=DanGleadle)

Our first actions have a Butterfly Effect on the rest of the day, and as those days add up, the rest of our lives. **About the event:** I wanted to help others get more out of their morning. I started sharing my routine in Spring of 2020 through Airbnb Experiences, and it became a hit event! I've hosted one-on-one sessions and groups of 1000 people; from university students to global tech companies (Google, Facebook, and Shopify... to name-drop a few 😊).

On the day of, we'll go through the routine together as I explain the scientific rationale for each step. We'll also talk about tactics for implementing and sticking with a routine. The 5 *Win The Morning* components are: 1. Drinking Salt-Water-Lime (quarter of a juiced lime, 1/8-1/4 tsp sea salt, 16oz water) 2. Choosing first thoughts - Reclaim Your Blank Slate 3. Meditating 1 minute 4. Moving for 90 seconds 5. Taking a Cold Shower for 1 minute (we step away from the call and come back).

After the event, you'll get a “Cheat Sheet” with how to's, key points, and links to books, articles and other information.

**How to prepare for Win the Morning:** 1. Make your drink! Before the event, mix: - 12-16oz of water - 1/4 of a juiced lime - 1/8- 1/4 tsp of sea salt (pink Himalayan is my favorite; avoid iodized table salt!). Err on the side of less salt! 2. Wear comfortable clothes that are easy to move around in (don't worry - you're not doing a boot camp 😊). 3. Print Reclaim Your Blank Slate Document (link below) [https://docs.google.com/document/d/1rce9fITRiwwP9aHTa65Gf8V6ertIXeWhmfmbwqk\\_iJU/edit](https://docs.google.com/document/d/1rce9fITRiwwP9aHTa65Gf8V6ertIXeWhmfmbwqk_iJU/edit) If you have any questions or concerns in preparation for the experience, don't hesitate to reach out! My email is [lizgleadle@gmail.com](mailto:lizgleadle@gmail.com) and I'm on socials @javelizz - I'm most active on Instagram. I'll be on the call 10 minutes early if anyone wants to chat or ask questions in the lead up to the event 😊 Best, Liz