

An Excerpt from Brook Noel's

Good Morning: 365 Positive Ways to Start Your Day

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm



In 1998 I started a simple routine -- unaware of the profound impact it would have on me in the days and years to come. This simple routine has been adapted by over 90,000 women in the years since.

Each morning I wake and stumble toward the kitchen for a glass of water and morning java. Coffee in hand, I walk outside or to a large window. I soak in as much as I can see and say a silent “thank you” for the day ahead and my opportunity to be a part of it. I stand in this “silent thanks” for a couple of minutes and then say, with heartfelt conviction: *Something great is going to happen today... I can't wait to see what it is!*

Something great happens each and every day. And because I am aware, I never miss it. Sometimes it is major -- a new business deal or an unexpected opportunity. Sometimes it doesn't come in a fancy package and might be a beautiful bird that lands at my feeder, an e-mail from a friend or a stranger, the smile of a child, the pleasure from a 'great idea,' or the joy that comes from complimenting someone. But sure enough, life brings a gift to my doorstep each and every day.

The gifts of course have always been there, but I was not an active recipient or participant until my wake-up call in 1997. In the fall of that year my older

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

brother died suddenly at the age of twenty-seven. As I wandered through the maze of grief I looked for a way to honor my brother Caleb. I had noticed that each morning when he awoke he would walk to the front porch and look out over the lake for about two minutes. I don't know what he was looking at or looking for but I hope he has found it. I wanted Caleb to live on within me and I added his morning reflection to the start of my days.

Prior to this routine, I spent many years looking for a “key” to fill a deep void deep within me. I could feel this void, yet I could not explain or define it. I knew not where it came from, or how to satiate it. I looked in all directions, searching and scouring for the “answer.” The answer remained elusive and my searching turned to frustration.

When I began this routine, instead of looking for something outside of myself, I affirmed my “key” was already right where I was; I simply needed to receive it. Instead of looking around, I began looking within. Instead of waking in a haze and propelling through a daily fog, I began waking to greet the world with positive intention, anticipation, and expectation.

We all know that breakfast is the most important meal of the day. Physically, it gets our metabolism going and creates energy for the day. The Good Morning Technique is our ‘emotional breakfast.’

BUT I HATE MORNING!

I used to have a membership to the I-hate-morning-club but I relinquished it. It really didn't help me. I am far from a morning person, which is all the more reason to create a “Good Morning.” Even if you say the words skeptically, you are still creating awareness, and you will be amazed at the good things that begin coming your way.

BUT WHAT IF MY LIFE IS AN UTTER DISASTER AND IT ISN'T GOOD?

Then say it twice! There is no better way to maintain a disastrous life than by continuing to do what you are doing, and focusing on how disastrous your life is. Like attracts like.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

How to Get the Most Out of Each Good Morning

TIMING

Read the Good Morning message as early as possible. Consider keeping the book near your bed or breakfast table as a reminder of this important emotional breakfast

YOUR TURN

Each daily inspiration includes a call to action to apply the Good Morning theme to your life. When you finish reading the morning entry choose a way to apply the “Your Turn” and write it in your calendar or journal

RECORD YOUR JOURNEY

Using a blank calendar, journal, or notebook to record your reflections and affirmations will enrich your journey.

TODAY’S AFFIRMATION

Affirmative statements (or affirmations) are positively phrased sentences in the present tense. We strip out the “I should, I will, I’m going to...” and replace with empowering words like “I am.” Positive affirmations, especially when written, dramatically improve our lives.

Studies have shown that those who use written affirmations are 86% more likely to accomplish what they have written than those who do not use written affirmative statements. Reflect on each day’s affirmation and then write it down on an index card, in a journal, or on a daily calendar or planner.

JOIN IN THE DISCUSSION

I began writing Good Morning messages and broadcasting these inspirations by email in 2003. Readers often share favorite quotes, feedback, and stories which I incorporate. Consider sending a favorite quote or joining in the discussion at my Good Morning blog <http://www.brooknoelstudio.com/goodmorning/> or

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

subscribing to the free newsletter at

<http://www.maketodaymatter.net/programs/goodmorningbybrooknoel.htm>

Each day join the tens of thousands of women who write or speak aloud the original affirmation of “Something great is going to happen today—I can’t wait to see what it is!” This simple affirmation has turned skeptics into faithful Good Morning followers. Need a reminder? Consider a mug with this slogan! For details visit:



<http://www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm>

HIGHLIGHTS

Scattered throughout this book you will also find the following boxes:

- **Inspirations** include online resources to inspire or expound on the daily theme.
- **Going Further** boxes offer ways you can explore beyond the ‘My Turn’ if the topic is especially relevant to your life
- **Reflection Questions** are journaling prompts for further reflection and exploration of the daily topic. If you join with a group of women practicing the Good Morning these reflection questions can be used as topic started for group discussion.

GETTING STARTED...

Stand up. Go to your nearest window or step outside. Say a silent thank you or shout it at the top of your lungs. “Stand in your thanks” for a couple of minutes. If you are reading this and thinking, “*What a lovely idea...*” but have no plans of standing please put the book down. It takes only minutes. It will transform your life. Then tomorrow begin using this book by opening to the day’s date.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

**“TO ACHIEVE GREAT THINGS, TWO THINGS ARE NEEDED:
A PLAN, AND NOT QUITE ENOUGH TIME.”**

—LEONARD BERNSTEIN

Good morning! I love this quote because it holds an absolute truth that we often forget. So many times when we long to achieve greatness, we think we have to wait for “the right time.” But the right time never comes. Life doesn’t offer clear plateaus without something pulling us one direction or another.

It is when we commit with a solid plan even though we don’t have quite enough time that we propel ourselves to action. We rid ourselves of excuses and move forward anyway. I also love the quote, “The best thing about waiting till the last minute is that then things only take a minute.” While that quote is at the opposite end of the spectrum, it still holds that same speck of truth to me. When we give up the myth of that “perfect time,” we propel ourselves toward action.

Your Turn:

How has the myth of the perfect time held you back from achieving your goals? Repeat the quote above several times—let the myth go to propel yourself forward.

Today’s Affirmation:

Any time is the perfect time for change.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

“SOMETIMES YOU HAVE TO TAKE THE LEAP, AND BUILD YOUR WINGS ON THE WAY DOWN.” — KOBİ YAMADA

Good morning! Have you ever had a “hunch” about something? You know, that gut feeling that has words on the tip of your tongue, or an action you think you should do, but you squelch it? Then days, weeks, or months go by—and you realize the intuition you ignored was right? Maybe you had a reason to ignore it. Maybe everyone else disagreed with you and you couldn’t find one fan of your idea or action. Maybe self-doubt got in the way, or fear, or anxiety. Whatever the reason, you ignored the hunch, only to learn later, that it was there for good reason.

Maybe the only thing more frustrating than not knowing an answer is realizing we knew the answer but didn’t act on it. For whatever reason, we didn’t listen to intuition’s whisper.

Kobi’s quote reminds me that intuition always has a purpose, though sometimes we can’t see it right away. But these “heart messages” should be heeded and considered. Even without support, sometimes we have to “Take the leap and build our wings on the way down.”

Your Turn:

Is there anything in your life right now where you have that “gut instinct” about what to do next? Take a moment today and honor that intuition. Listen to it; don’t squelch it. These moments of intuition are blessings about the directions we need to take in our lives.

Today’s Affirmation:

I honor, heed and consider each of my intuitions.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

“BOTH OPTIMISTS AND PESSIMISTS CONTRIBUTE TO OUR SOCIETY. THE OPTIMIST INVENTS THE AIRPLANE, THE PESSIMIST THE PARACHUTE.” — AUTHOR UNKNOWN

Good morning! I was talking with a friend recently and she had one of those wonderful “a-ha” moments. She explained that she considered herself an optimist and wanted to be an optimist. Yet as we spoke, I noticed that she continually snuck in little jabs at herself no matter what area of her life we were discussing. This had become so habitual that she didn’t realize how frequently she was doing it. She worried that her life was careening out of control and she couldn’t figure out how to stop it. Yet if she wanted the best, and was willing to aim for the best, and considered herself an optimist at heart—how could everything seem so “lost?”

There are definite optimists in life. There are also definite pessimists. There is another group of people, a large group, that I will nickname “poptimists.” “Poptimists” are optimists at heart—yet their level of disbelief forces them to “pop” their hope as soon as they create it. They are so convinced that nothing will work, because very few things have, that each ray of hope also carries a shadow of doubt. Yet they aren’t pessimists—because they haven’t given up. They still know how to hope.

If we use today’s quote to visualize a “poptimist,” a popoptimist would be wearing a parachute while sitting in the airplane. She doesn’t want to get off the plane really, because she knows there has to be something better. Yet, she isn’t willing to let go of her safety net and disbelief long enough to truly enjoy the scenery that is visible from the plane. Her vision is constantly hampered by her parachute.

The biggest challenge for the popoptimist is letting go. A popoptimist must learn to trust themselves and trust in life. You can’t truly experience the journey if you are constantly waiting for the “other shoe to drop.” This would be like trying to enjoy a Sunday drive with parking break on. We can’t move forward, when we doubt the steps ahead of us.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

Your Turn:

Are you an optimist, pessimist, or popoptimist? If you relate to the idea of “poptimism,” make an effort to put down your parachute so you can fully enjoy life. Suspend your disbelief for an hour, and talk nicely to yourself. Then challenge yourself to do it for two hours, then three, then a day, until you embrace a shadowless heart of hope.

Today’s Affirmation:

I let go of doubt and disbelief, knowing that I deserve the best and can create the best.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

WHERE SO MANY HOURS HAVE BEEN SPENT IN
CONVINCING MYSELF THAT I AM RIGHT, IS THERE NOT
SOME REASON TO FEAR I MAY BE WRONG?" —JANE
AUSTEN

Good morning! Being right all the time takes incredible amounts of energy. It also entails a lack of listening skills, closed-mindedness, and generally makes a person unpleasant to be around. After all, no one can be right all the time—certainly none of us have all the answers. While offering advice and guidance is important, remember to be open to new ideas and know that there is great power in making mistakes and admitting to them.

Likewise, in personal situations we will often defend our actions. We may have had an argument with another person, and we go over and over the details, analyzing why our actions were “justified” or “correct,” while the other person’s weren’t. It’s important to realize that “being right” doesn’t do you any good if you lose a friend or destroy a relationship.

Your Turn:

The next time you are focused on being the expert or being right, pause for a moment. Look at the situation through the other person’s perspective and see if there is opportunity for growth and understanding.

Today’s Affirmation:

Being caring and fair is more important than being right.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

“SOME MEN HAVE THOUSANDS OF REASONS WHY THEY CANNOT DO WHAT THEY WANT TO DO, WHEN ALL THEY NEED IS ONE REASON WHY THEY CAN.” WILLIE R. WHITNEY

Good morning! You likely know the people to whom Willie is referring. No matter what it is that they desire, they can create a list of reasons that is longer than Santa’s wish list as to why their goal is out of reach. You might even have some of those tendencies yourself. Most people do.

At some point, we all embrace the “I can” attitude. As babies learning to walk, we don’t sit down after that first fall, plop our thumb in our mouth, and count the reasons we will never be able to walk like the “big people” all around us. But, somewhere between those young years and adulthood, many of us do just that. We plop doubt in our minds and count the reasons why we will never be able to have the dreams that we truly desire.

How is it that we have become addicted to thinking: “I cannot” instead of “I can”? Of course, when we are babies we have a team of cheerleaders. Parents or relatives help us stand again, they hold our wobbly legs, and they shriek for joy as we make those first steps. Video cameras roll and lights flash in our eyes, as if our parents or support team has become paparazzi!

In our lives as adults, we often don’t have that support network saying, “Get up and try again;” “Of course you can;” “You can do it!” And, in the absence of those positive voices, doubt creeps in. I wonder what the world would look like if tomorrow we could all create a list of reasons “we can” versus reasons “we cannot.”

Your Turn:

Your challenge for the day is two-fold. Find someone you believe in and tell them today: “You can do it!” whether by email, phone, in-person or a thoughtful card. Then, choose something you want in your life and create an ongoing list of the reasons that you can reach that goal.

Today’s Affirmation: Each day, I tell myself: “I can!”

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

"I NEVER FAILED ONCE. MY INVENTION JUST HAPPENED TO BE A 2,000 STEP PROCESS." — THOMAS EDISON

Good morning! I am so glad Thomas Edison kept going, aren't you? What is something in your life that you have given up on or aren't pursuing as avidly as you might because it seems too hard or unattainable? What if, like Edison's, your goal is a 2,000 step process? What if, instead of thinking of your goal as unattainable, you realized how many of those 2,000 steps you have already taken?

Your Turn:

Ask yourself where you have given up or been detoured by the idea of failure. Embrace Edison's quote and restart and rejuvenate your goal.

Today's Affirmation:

Failure does not exist, unless I choose to let it.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

“TOO OFTEN WE GET DISTRACTED BY WHAT’S OUTSIDE OUR CONTROL. THE DOOR TO THE PAST HAS BEEN SHUT AND THE KEY THROWN AWAY. AND YOU CAN’T DO ANYTHING ABOUT TOMORROW; IT IS YET TO COME. HOWEVER, TOMORROW IS DETERMINED BY WHAT YOU DO TODAY. SO MAKE TODAY A MASTERPIECE.” —JOHN WOODEN, UCLA’S HALL OF FAME BASKETBALL COACH

Good morning! I have an interesting challenge for you to try today—or on the next Monday. (Don’t try it on the weekend or while you’re off during the holiday—try it on a day that is “representative” of your normal day.”)

Here’s how it works. Every two hours, take a five-minute break. Write down how much time (percentage-wise ...a rough estimate is fine) you spent:

1. Thinking, fretting or regretting the past.
2. Worrying or thinking about the future.
3. Worrying about something that is happening today, or something outside of your control.
4. Taking positive, forward action today or enjoying the moment.

Print that little challenge and tape it to your planner on your next “representative day” so that you don’t forget.

Why is this important? Well, this simple “math problem” equals the amount of contentment and happiness you are creating in your life. If you spend eighty percent of your waking hours on the top three items, you should only expect to reach twenty percent of your “happiness level.” If you spend fifty percent of your time on the top three items, you can reach fifty percent of your happiness level for that specific day.

Your Turn:

When we wonder why we feel stressed, anxious, overwhelmed, depressed or hopeless, this is a good practice to revisit. This “calculation” holds our answer. Make a concerted effort to redirect yourself to making a positive, forward action when you catch yourself engaging in the top three thought patterns. Our goal

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

should be to be taking positive, forward action at least ninety percent of the time.

Today's Affirmation:

I let go of the past, I am not anxious about tomorrow...

Instead, I trust in today, and enjoy today, living life to the fullest.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

**“THE BUTTERFLY COUNTS NOT MONTHS BUT MOMENTS,
AND HAS TIME ENOUGH.” — RABINDRANATH TAGORE**

Good morning! So often we chase the elusive concept of “more time.” While we chase and run and hunt down more time, we lose the time we have now. This quote by Tagore reminds me that we can’t save and stockpile our time and put it away for a rainy day. All we have now is this moment, and if we grasp it fully, it is enough.

Many of us know this intellectually but have a hard time putting it into practice. When we see tragedy in the world, we remember how valuable time really is. When we learn that someone has lost a loved one, for a moment or two we truly appreciate those around us. But time and days speed up again, until the moments become months that are so often missed.

This is why the gratitude journal is so important. Each day, hunt down the moments that are gifts, and write them down. Don’t let them pass you by because you forgot to open your eyes. Each day brings thousands of moments that will never come again. Only you can decide if you will turn moments into memories, or just let them pass by.

Your Turn:

What “checks” can you put in place to stay centered and aware throughout the day? Every time the clock hits :00, could you stop and just check to make sure you are present in the moment? Think of a self-check that would work for you and then implement it.

Today’s Affirmation:

I embrace the magical moments of today.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

“IF YOU HAVEN’T THE STRENGTH TO IMPOSE YOUR OWN TERMS UPON LIFE, YOU MUST ACCEPT THE TERMS IT OFFERS YOU.”—T.S. ELIOT

Good morning! During a twenty-six city tour I was returning from a television appearance in Minneapolis and chatting with a colleague. We were discussing fatigue and stress. We both agreed that the weeks in which we thought about all we needed to accomplish on our to-do lists, but did very little, were weeks that often left us fatigued.

However, we also noticed that during the weeks in which we charged ahead and took action, instead of thinking about all that needed to be done, we were much more invigorated and less fatigued.

I think part of this ties into the quote offered by T.S. Eliot. When we are strong and we move forward, when we impose our terms upon life, we gain momentum, energy and additional strength. When we sit back and just analyze the terms life has offered us, it is easy to lose momentum.

Your Turn:

Give yourself a quick and honest assessment. How much time do you spend thinking about all that you need to do? How much time do you actually spend moving ahead and taking action? How do you feel while engaging in both of those activities? Brainstorm some ideas for moving forward and implementing your terms for what you want to accomplish in your life. Then—most importantly—take action.

Today’s Affirmation:

I do not settle for less than I deserve. I am not immobilized or overwhelmed by life’s challenges. I seize the day and move forward, greeting life and all it offers with open arms.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

“ONE’S REAL LIFE IS OFTEN THE LIFE THAT ONE DOES NOT LEAD.” — OSCAR WILDE

Good morning! I stumbled across some quotes from Oscar Wilde, and was struck once again by how easily he captures some of life’s truths in a simple sentence. When I read this quote, it reminded me of a circle of men or women, sharing stories about all they could have done, could have been, could have seen—sharing their stories of regrets.

Options are comforting. Without options, we feel trapped and vulnerable. When we generate options and possibilities, we free our spirit. When we open ourselves to options and possibilities, the world brings them to our door. But there is an inherent danger in this as well. While options and possibilities are comforting, actually taking advantage of an option or possibility can leave us anxious and full of fear. So we have a choice. Do we take that step, or do we turn away from the very options and possibilities that we seek?

Many people seek opportunity and options. They wait for them. They watch them come—and they watch them go. And someday they will remember those options with regret in their voice. But at least they were safe. They did not stumble, they did not fall, and they were not bruised.

And then there are other people—there are many fewer of them, but they exist nonetheless. These people seek out options. They wait for them. They watch them come, and they hold their breath, and they jump. And it is exhilarating, no matter whether they land on their feet or on their head. Because when you believe and jump, you learn the true meaning of faith. You learn to trust in life and the process, instead of yourself and your mind. And once you reach that place ...your options and possibilities are limitless.

Your Turn:

Think about your life and the options, dreams and possibilities you have sought out. Have you hunted for something, only to retreat when it landed on your doorstep? We can only learn and become more by going to a place we don’t know—where we have room to become. Columbus couldn’t have discovered the world if he only looked in his backyard. Where are your options taking you?

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm

What land are you being called to discover? What will you do about it? Will you live your story, or will you tell a story of regret?

Today's Affirmation:

I step outside of my comfort zone and into life.

Order your signed copy at:

www.maketodaymatter.net/catalog/bookstore/booksbybrooknoel/goodmorning.htm