

Free Library Guide #006

Morning Reset Routine

DonDada The Resetter™

A Quick Transformation Guide • Free Library

Welcome

A purposeful morning can influence the rest of your day. This guide helps you build a simple routine that prepares your mind, emotions, and actions before distractions begin.

DonDada Quote

"Win the first hour, and you give yourself a better chance to win the day." — DonDada The Resetter™

The Morning Reset Framework

1. **Wake with Intention** – Avoid immediately reaching for your phone.
2. **Center Yourself** – Take a few deep breaths and become present.
3. **Set Your Direction** – Review your priorities and choose your top task.
4. **Move Your Body** – Stretch or take a short walk to wake up your energy.
5. **Begin** – Start your most important task before distractions grow.

Real-Life Example

Instead of spending the first 30 minutes scrolling through social media, spend that time reviewing your goals, stretching, and completing one meaningful task.

Your Morning Workbook

- What habit would improve my mornings?
- What usually distracts me first?
- What are my top three priorities today?
- What one action will make today successful?

3-Day Morning Reset Challenge

For the next three mornings, follow your routine before checking notifications. Record how your focus and energy change.

Key Takeaways

- Small morning habits create momentum.
- Direction is more powerful than rushing.
- Protect your first hour whenever possible.
- Consistency builds productive routines.

Continue Your Reset

Mindset: Mindset Reset Starter

Business: Business Vision Blueprint

Productivity: Personal Goal Planner

Emotional Wellness: Emotional Awareness Starter

Continue Your Journey

Free Library – Explore resources across many categories.

Individual Libraries (\$11/month each) – Dive deep into one subject.

Creole Library (\$25/month) – Personal development resources in Haitian Creole.

All-in-One Library (\$55/month) – Includes every \$11/month library plus standard online courses.

VIP Membership (\$250/month) – Includes the All-in-One Library, premium online courses, and one private consultation each month.

Resetter's Inner Circle (\$500/month) – Includes everything in VIP, the exclusive Emotional Reset Library, and four private consultations each month.

Library Information

Series: Starter Guides • Guide #006 • Reading Time: 10 Minutes • Beginner