

Malti BHOJWANI
Tejus COULAGI



iHour

iHour

My Starting Hour

"We are what we repeatedly do. Excellence, therefore, is not an act, but a habit." – Aristotle.

Habit
Routine
Schedules

How do you feel when you read those three words?

Unfortunately, many of us think that habits, routines and schedules are boring, monotonous and they take away spontaneity and freedom from our lives. However, all the great mentors and leaders amongst us abide by these structures...

Stephen King starts the morning with a cup of tea then sits down to work between 8:00 and 8:30 in the same seat with his papers arranged on his desk in the same way. He likes the consistency.

Winston Churchill would rise at 7:30 and stay in bed, have breakfast, read the papers and dictate to his assistant until 11:00 then he'd settle in to work with a weak whisky and soda after a walk. (Hey, whatever works!)

Tony Robbins has the Hour of Power

Robin Sharma recommends his Holy Hour

Brian Tracey coined the Golden Hour

& Eben Pagan calls his the Power Hour

Yes we are all different.. We want different things, our challenges are different and our circumstances are certainly different. But basic human needs are the same and our nervous system and bodies function basically the same way. Successful people have daily rituals, it takes choice out of the way and makes it easier to achieve excellence.

My iHour

What's the iHour and why "i" Hour?

We all have a morning ritual which helps us to prepare for the day. My belief is that when you make a routine a habit, it becomes automatic. I call my first morning hour, my "i" hour, because this is the hour that is dedicated to me. It is my way of giving myself the oxygen mask first before I face the world.

Einstein says, doing the same thing over and over and expecting a different result is insanity. So something needs to change in order for you to have different results in your life. I believe that part of that something is in your HABITS.

Here for the first time ever, I am sharing my morning ritual which I call my iHour.

Wake up early

The old adage "Early to bed and early to rise....." yup yup that one!! Seems it works you know? Try it.

Having said that, I believe in a minimum of 7 hours of sleep a night, so my wake up time is dependent on the time I go to bed.

5 MINUTES - INSTALL

-Drink my Tea! (What you enjoy, you MUST do!)

Research say people who can take those few minutes every morning to "install" before they actually face whatever it is the day has in store, cope with stress a lot better. I like to give myself something to look forward to every single morning, a small pleasure that I absolutely love.

Even in an emergency situation and when things are just so bad, I will still have my cup of tea. You know when you download a new software, you often need to "install" it. To me, sitting down with my cup of tea is my installation time.

20 MINUTES - Treadmill to inspiring and upbeat music

I often use my "Happy Play List" (On my YouTube channel). These 20 minutes of cardio gets my heart pumping, releases all the feel-good chemicals in my brain and also helps bring me clarity.

I have my goals printed out in front of me as I run, so it feels like I am working towards them. I cannot describe the benefit this has had on my fitness, wellness and my work.

20 MINUTES TM - Transcendental Meditation

Did you know that Oprah Winfrey, Jerry Seinfeld and Ellen DeGeneres all practice TM twice a day as well?

All the benefits that you can get from being quiet and looking inside is amazing. I had always wanted to meditate, I knew that in it lay the missing "plug-in" for me. TM found me and I feel so so blessed, it has indeed changed my life. It is NOT a religion, it is a technique.
I LOVE IT!

I exercise again in the evening and practice TM again too (I will share my EVENING RITUAL with you another time - that one is called my "Happy Hour")

5 MINUTES - Writing in my TAG Journal & TAGGING my loved ones

Writing all the things I am grateful for today, names of the people who touch my life and make things joyful and easy for me, things working out beautifully, emails, calls, communication I received, good news, payments, food, anything that I can think of which I feel grateful for.

Taking a few moments to touch the lives of your children, nieces, nephews, parents, siblings is CRUCIAL and scheduling it will ensure you do it. Just going into their facebook and taking the time to keep up with their lives, commenting and championing them on is invaluable.

Show them you care and you are interested in their lives. I spend about 5 minutes checking up on my loved ones.

8 MINUTES - Teach & Learn

Read or watch something inspiring to set the "soundtrack" for the rest of the day. This is when I find all these amazing TED talks and YouTube videos out there. I also watch a lot of Tony Robbins, Brian Tracey and T Harv Eker! Man there are a LOT of T's in my life!

Wait ...that's not it, pick one thing and TEACH it to someone. Share the insight or the learning with someone in your life who does not have access to the type of knowledge or resources that you do. I sometimes share with my amazing helper, Manda.

If you don't allow yourself to learn something every day you will not progress. We all grow older but only some of us choose to progress as we do.

2 MINUTES - Tracking

I look at my *Habit Forming Table* to track my progress and my *Pleasure Lists* and commit to indulging in some "Cheap Thrills 10s" for the day and one "Easy 20" and one "Lavish 50" for the week. (Chapter 10 & 5 of Don't Think of a Blue Ball)

Remember , "what you ENJOY, you MUST do"

Summary:

Whatever works! There are no set rules in coming up with your iHour... but if what you are doing is NOT getting you the results you want then your daily routine has to change! Feel free to take from my iHour, take from other fabulous examples or come up with your own unique structure.

Invitation:

Take my 'iHour' challenge for 30 days and watch your life change. Work on creating your own personal MyiHour now and be sure to add your iHour to your Habit Forming Table as well.

Your iHour will help you take on your entire day feeling **motivated, supercharged and set!** I am COMMITTED to your success and to you living your best life starting now! Not next month or next year, but NOW! And to quote Fergie (Black Eyed Peas) "I ain't gonna stop until I'm done!"

Created by Malti Bhojwani and Tejus Coulagi