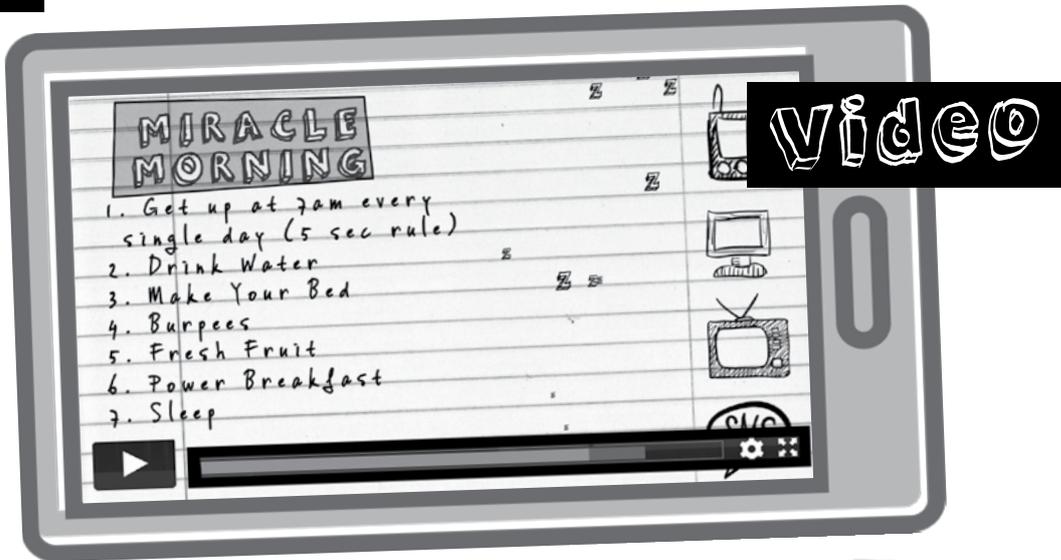


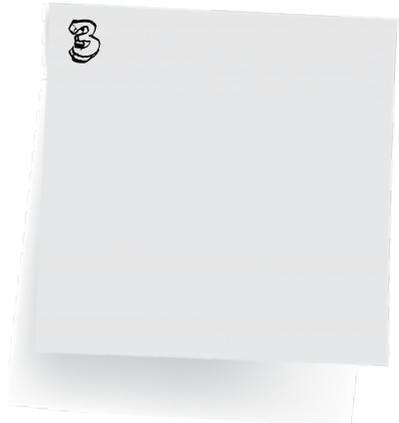


How to get up early and start achieving

Plan



List 3 key takeaways from this video



STORY



I remember Saturday mornings were painful. My Mom used to tip-toe down the hall and ask me if I was getting going to get up. My Dad needed me to work. I was clinging to my mattress. Then I would hear my Dad shout "IS HE NOT GETTING UP?"

With that I would have to bound out of bed. Then I would put on my working clothes, have a quick breakfast and head out to the glasshouse (my Dad was a grower).

Between the ages of 10 and 20, I spent all my weekends and summers working for my Dad. It was tiring. It was boring. It was difficult. I hated taking orders from my brothers. Working weekends was hard. My hands were constantly dirty and my back was always sore. Plodding my way up and down those fields and glasshouses was gruelling. But here's the good bit: I learned how to work hard. It gave me a great work ethic.

Those early mornings taught me the benefit of getting up early. And it gave me an incredibly strong mindset. Nobody could outwork me. And the secret to hard work is getting up early in the morning.

Story

- *A few years ago, I came across a book called The Miracle Morning. In this book, the author, Hal Elrod, talks about high achievers – that top 5% who earn more money than the other 95% of people. In his excellent book, he refers to a study by the U.S. Social Security Administration.*
- *Based on statistics, this study suggests that out of 100 people who work for 40 years, only one will be wealthy and four will be financially secure!! The study says five will have to continue working after retirement age because they have to (not because they want to); 36 will be dead and 54 will be broke and dependent on friends, family and the government to take care of them.*
- *So the question is do you want to struggle or do you want to get ahead? The author decided to analyse the top 5%. And do you know the one thing they had in common? They get up early in the morning.*
- *Success starts the minute you wake up. Motivation starts in the morning.*

“ Motivation starts in the morning. ”

Game 1

GET UP GAME



Each student should have an empty balloon and a slip of paper. Write a question on the slip of paper (everyone should take a question from the list below). Put your question inside the balloon, blow it up, and tie the end. Toss your balloon up in the air. Grab a new balloon and come sit in a circle. Go around the circle and, one at a time, have students pop their balloon, read the question inside, and answer the question.

1. What time does your alarm go off?
2. How long before you actually get up?
3. Does your Mom or Dad have to call you?
4. Do you do any exercise?
5. What is the first thing you drink?
6. Do you have breakfast?
7. How do you get to school?
8. Do you sleep with your socks on?
9. Do you sleep with your pet in the same room?



Plan

Game 2

BREAKFAST CLUB

Pretend you are one of the world's top chefs. You are working in one of the world's most exclusive restaurants.

Staying for the night is one of the world's most famous people. For example, let's say it is Cristiano Ronaldo or Beyoncé.

You have to create a special menu for their breakfast.

1. What would you include on the menu?

2. What is your ideal breakfast?

Breakfast Menu

Game 3

RISE AND SHINE

You have to pretend you are a sleep therapist and you have just been hired by SPACE X to make sure their astronauts are trained properly to be able to get up in the morning. Brainstrom with your team as many ways as you can to help them get up in the morning.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

1. I enjoyed today's story

5. I worked well with others

4. I got involved in the class and the games

3. I asked questions when I didn't understand

2. I understood the goal of today's lesson