

A Gift From Tune Up Success

Wake Up Early

Inspire you to wake up early

made with
Beacon

About Tune Up Success

Sudipta Kr Maiti

Welcome....!!



Tune Up Success is your platform to tuning up your own success in life.

Tune Up Success - is for, help the people by growing their self development skill through tips & tricks, motivation, inspirational quotes, building entrepreneurship skill and many more.

It started the journey on Oct'2015 with a vision of creating a better world for you. It's mission is to build 1000 loyal successor like you, in 1st phase.

Tune Up Success believe in Simplicity and Openness and promise to continue creating opportunities and inspiring your success by enhancing your own efficiency and capabilities.

"You" are the real motivator, inspire of **Tune Up Success** by achieving your Success by :

Tune Up –Success Zone

Tune Up – Quotes Zone

Tune Up- Entrepreneur Zone

Tune Up- Happy Zone



I , *Sudipta Kr Maiti* the mind behind **TuneUp Success**. I was spend my childhood with my “Happy and joint family “ in my native village , then finish school life from district school on 1999 and completed my Engineering on 2003. From the end of this college day my soul provokes me always to become an entrepreneur. Since 2003 , I have spend with four private sector, where I met with lots of people , leader, fresher's .Their story is become my blog.

You will be proud to participate in Tune Up Success 1st phase mission of building up 1000 loyal successor.

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Happy Tuning with sharing..!! Thank you..!!

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10 Motivational Quotes for Wake Up Early

Sudipta Kr Maiti



“Wake up early in the morning”- very tough, isn't it?

I was thinking like that. You also, I believe. Let's try to motivate ourselves to wake up early.

We will come later on the advantages of wake up early and how to make practice wake up early.

Here is 10 wake up early quotes that may tune up your motivation when you getting up at the break of dawn.

"The sun has not caught me in bed in fifty years."

- *~Thomas Jefferson*

"Lose an hour in the morning, and you will be all day hunting for it."

- *~Richard Whately*

"The sun has not caught me in bed in fifty years."

- *~Thomas Jefferson*

"It is well to be up before daybreak, for such habits contribute to health, wealth, and wisdom."

- *~Aristotle*

"Be willing to be a beginner every single morning" ~Meister Eckhart

"One key to success is to have lunch at the time of day most people have breakfast."

- *~Robert Brault*

"Life is too short," she panicked, "I want more." He nodded slowly, "Wake up earlier."

~Dr. SunWolf

"Morning is an important time of day, because how you spend your morning can often tell you what kind of day you are going to have."

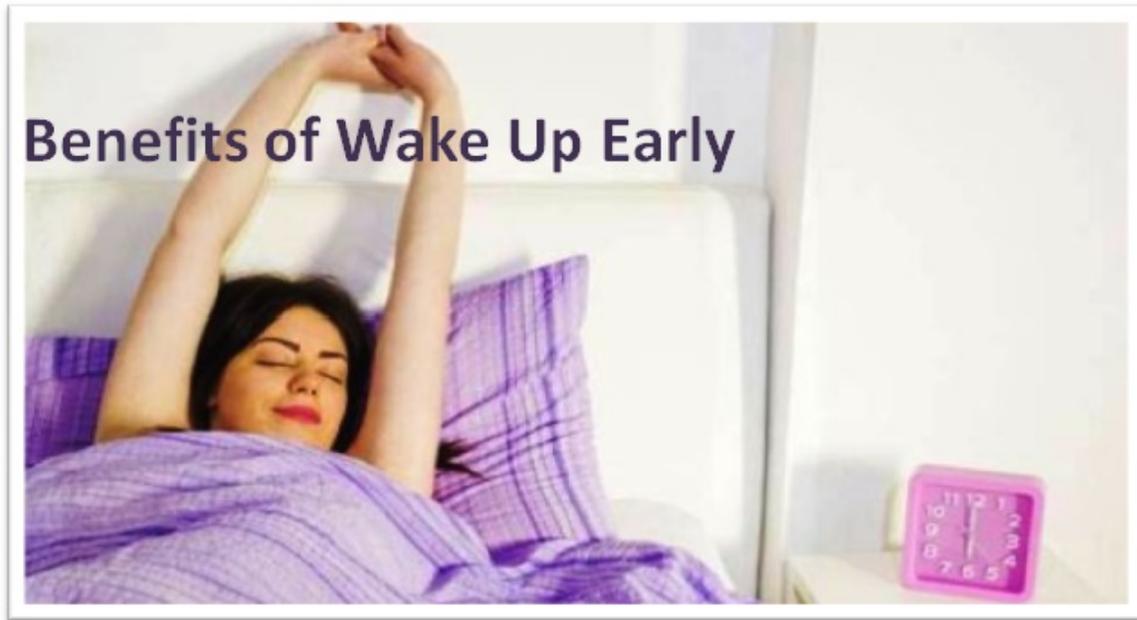
- *~Lemony Snicket*

"The Best way to make your dreams come true is to wake up." ~ Paul Valery

"The breeze at dawn has secrets to tell you. Don't go back to sleep." ~ Marcus Aurelius

Benefits of Wake Up Early

Sudipta Kr Maiti



Wake up early is still hard to do..!!

Believe me, I mean ,still I don't enjoy the morning until I go to the deep on the benefits of it.

The truth is that, the benefits of wake up early make me a believer. Tune up my top 6 reason, why you shall wake up early and make it a habits.

It's really boost up you to change your habit and convert it into success.

I will definitely suggest before go to *15 Simple Tips How To Wake Up Early* after knowing why it is require in this session.

1. Wake Up Early To Enhance Your Productivity



How does it work?

- There are very less distractions in the early morning which help to achieve more with minimal interruptions.
- In the early morning the brain remain fully charged and get ready to work hard after a good sleep. Its help to start efficiently and get things done quicker and better.
- Making decisions, planning and setting goals is easier in fresh mind.
- Give more energy throughout the day.
-

2. Wake Up Early To Give A Good Mental Health



- Impact of waking up early on your mental health often sets the tone for the rest of my day.
- It reduces the stress in my life by eliminating the need to rush in the morning. Believe me I have started to notice some positive changes in my attitude.
- Experience the satisfaction in life in more optimistic way.

3. Wake Up Early To Enjoy Quiet Time



- Early morning is so peaceful, so quiet. It's my favorite time of the day.
- Its provoke me to keep me into myself so that I can think, read, and breath well.
- The power of "Quiet Time" charged me and keeps going on rest of the day.

4. Wake Up Early To Improve Quality of Sleep



- Create good and natural sleep routines. To wake up early I must of course go to bed early.

- Once the quality of sleep established it will help to maintain my body's "internal clock" , according to many sleep experts.
- So when in the weekend I enjoyed my sleeping till 9 AM it's actually not helping me at all – it's basically disordered my natural sleep routing which is harmful to my body in the long run.

5. Wake Up Early To Get More Time To Exercise



- Helps me to reduce the chances of missed workouts.
- Daily Exercise in the morning also fixed me to wake up early.
- It's energizing my body and help me out to leave the lethargy

6. Wake Up Early To Sustain Healthier Diet



- It's help me not to skip my breakfast at time.
- Breakfast is vital for body for energy and focused.
- According to experts whenever skip the breakfast, our body goes into starvation mode so the next time we actually eat something, we are more likely overeat and crave unhealthy foods.

Now, what will be your choice? I will say if you are a night owl, and that works for you, and you are happy with it , then I think that's great habit and not require to change .

Be honest, for me to switch from night owl to early riser has been a godsend. It's has help me in so many ways that I'd never go back.

15 Simple Tips On How To Wake Up Early

Sudipta Kr Maiti



Hope you are now tuned up enough to make a habit of wake up early in the morning.

You may still not able to gather the confidence that is it possible to make a habit of early rising? Yes it is definitely possible. I will help you to make it possible.

Now please spend just 20 minutes and go through 15 simple tips to make it happen. I believe you will make the habit of wake up early which will tuned up your success in day to day life after going through it.

1. Set Your Goal and Keep It Visible

I always try to set next day goal before going to sleep. Obviously not the wrong goal. Then I try to keep it embed in my mind consciously or subconsciously.

What may be the simple way ? Keep it visible in notice board, stick it up on a post –it-note in front of your desktop, set it as wallpaper, keep it as alarm in mobile handset. It will help to force you to complete your goal of next day within time.

2. Create Irresistible Reason

To wake up early create a compelling reason. Is it for personal activities? To get more work done? To get a head start in every day? Until create a strong reason all attempts to make a habit of wake up early will fail.

I can personally experienced those day when I want to wake up early just for the sake of it, I fail miserably. I am sure you too feel it, when you need to catch first local train, or when you have to reach at examination center or to make an appointment, on that particular morning you wake up early. How? Because there is an irresistible reason behind the scene!

3. Make A Transition Phase

Habituated to wake up at 8 to 9 am? It will not realistic for anyone to change immediately to wake up 5 to 6 am in next day after reading this post!

I have made a transition phase to start off by improving the waking up time 15 to 20 min every day until reach I reached my goal.

4. Create A Reward and Accountability To Others

A reward always creates an additional motivation. Share your our goal with friends/ family which will creates accountability on your end to wake up early.



EVERY MORNING

me: I really can't stay

bed: but baby, it's cold outside!

5. Create Urgency

Set up extremely important and urgent tasks as the first job of the day so you have to wake up and finish them.

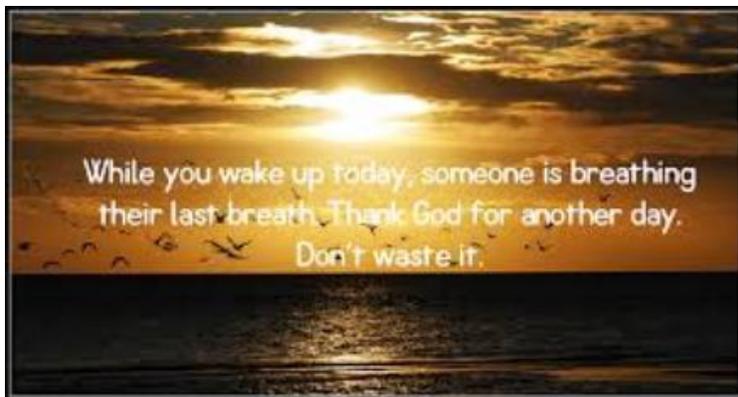
6. Plan A Non-negotiable Agenda For The Next Day

If you don't wake up , it will mesh up the schedule for the day and end up with a backlog of work at the end.

7. Achieve your Goal with Others

Try to find out a friend or family member who wants to wake up early too-this will help to generate more *motivation*.

8. Early To Bed



Be realistic – When I go to bed early and have a sufficient sleep then waking up early become easier task.

9. Set Alarm With Correct Time

To set new sleeping routine alarm clock is essential for first few weeks

with correct time. Once get into hang of it , you will likely start waking up automatically at around same time every day without it. Get up from bed first time heard the sound.

10. Set Multiple Alarm Clocks

If you are a deep sleeper this will help you definitely by set up multiple alarm slightly different times like 5 minutes apart from each other.

11. Put The Alarm Clock Far Away From Bed

Such way you need to get off from the bed to reach it. But don't go back to bed and also set the alarm sound audible.

12. Set Your Favorite Music in Alarm

Today Mobile phones are used for use as alarm clock, so why not you start your day with your favorite ring tone or song? It's a great idea to wake up with nice mood.

13. Read Fiction Instead of Reading Self Help Books, News, Emailing or Social Media

News will just stress you, email reminds you to work, self help books will

fill your brain with ideas, social media will keep you surfing – none of these will help you to sleep.

Better to read short stories or novel already read before.

14. Cut The Stimulants

Caffeine, Alcohol, Smoking affect your sleep schedule and mesh it up which ultimately affects on your waking up early.

15. Set The Wake Up Time In Mind Before Go To Sleep

It's may sound bogus, but it works for me and believe others also .The subconscious works in its own mysterious ways.



MOST OF THE SUCCESSFUL
MEN WE LOOK UP TO,
ARE EARLY RISERS

I will suggest combining all tips and making your own way to make a habit of wake up early to drive your success.

You can read hundreds of articles in internet on how top wake up early but you have to set your priority, yes real priority. Stick with it and you will soon find this time of day extremely relaxing and productive.

But I wasn't always an early riser. I was extreme night owl for most of my life. I now became an early bird simply by desiring it by breaking the [comfort zone](#).

If this book help you up to some extent then only a small request , please share it with your friends .

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