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In the following pages we unearth the a.m. rituals of the greats, from Ernest Hemingway, Benjamin Franklin, Maya Angelou, Anthony Bourdain, Dwayne "The Rock" Johnson, Andrew Carnegie, and more, with the singular goal of distilling an ultimate guide to the best morning routines ever created, and how we can use this

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1. Get rid of caffeine after 4:00pm. Your night routine begins well before your head hits the pillow. If you work a 9 to 5, you need to think about how everything you do after 4:00pm affects your sleep.

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Once I decided to start controlling my mornings, I began waking up earlier. I started by waking up at 7:00 am, and over the years I have started waking up earlier and earlier. Now I wake up at 4:00 am. Yes, the world is in motion at 4:00 am. This wasn't something that just happened. It was completely intentional. It had to be.

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The Ultimate Guide To Waking Up Early. June 9, 2020 August 5, 2020. One of the most common traits among successful people is

waking up early and having more hours in the day to accomplish your goals will inevitably lead to greater outcomes.

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