



Make the Most of Your Mornings



An InstaBook by
Mac Hammond

Research shows that 61% of people check their phones within five minutes of waking up. Some even check them while still in bed!

Within 30 minutes, that number jumps to 88%—and all but 4% of people have checked their phones within 30 minutes of waking.

Statistically, you've probably found yourself doing that, too.

However, immediately turning to your phone in the morning is *not* a good habit. Your phone is a method for people, companies, and entertainers to communicate with you. When you start your day with their dialogue in your head, you're setting up your day to be led by others.

If you want to take the lead each day, set your phone aside until after you've had time to plan your day. Here are five ways you can make the most of your mornings:

1. Remember your blessings. Write down what you can praise God for and then thank Him for what He has brought into your life.

2. Read the Bible. God wants to bring you fresh spiritual nourishment through His Word every morning.

3. Release worries through bringing them to God in prayer. Let Him shoulder your concerns and work on your behalf.

4. Think through the day ahead. What do you have planned? Where do you need God's wisdom? How can you allow God to work through you during the day?

5. Schedule rest. Any time we have our schedule filled to 100% capacity we allow no room for addressing the unexpected or reacting to emergencies. Delegate or reschedule tasks where possible so you have room in your schedule to breathe.

Seeking God first and allowing Him to help you plan your day will remind you of His daily presence in your life.

What a wonderful way to live—and it all starts with putting down your phone.

So give yourself time to plan your day for when you take control of your morning, you take control of your day. That's the winner's way.

THE END

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