

"My Favorite Part of the Day: The Morning Routine That Changed Everything"

A Real-Life Practice by Dexter Eugenio | The DECAF Network

Hey, I'm Dexter — welcome to The DECAF Network.

And today, I want to talk about something I absolutely love doing.

No, not *that*...

Well, maybe depending on what you're thinking 😊

What I actually love most is **waking up early and having some me time**.

Not *that* me time — get your head out of the gutter.

I mean **true** me time. Time to do **whatever I want**, uninterrupted.

Why I Wake Up at Stupid O'Clock

I'm not the youngest person anymore — I'm well into my 40s.

I've got three kids, and if we ever had a "who can stay up the latest" competition, they'd win. Easily.

There've been mornings where I've woken up and **they're still awake**.

Meanwhile, I'm up at:

- 4:00 or 4:30 AM on weekdays
- Maybe 5:00 or 6:00 AM on weekends (if I sleep in)

I also go to bed early — usually around 9:30 or 10 PM.

That's my rhythm. It works.

What My Morning Looks Like

These early mornings give me space.

And that space has helped me:

- Deal with life
- Get fit

- Be more creative
- And understand myself better

I've been doing this for years.

And although I discovered *The Miracle Morning* by Hal Elrod only recently, I've unintentionally been following much of what he teaches.

If you're curious about building a powerful morning routine, read that book. Highly recommended.

Here's My Morning Breakdown:

1. HRV Check

I strap on a heart rate monitor and check my Heart Rate Variability. It tells me how ready my body is for exercise.

2. Meditation / Self-Reiki / Self-Hypnosis

I choose based on how I feel.

- Sometimes it's classic meditation (calming the mind)
- More often, I use meditation to solve problems — I hyperfocus on one thing
- Afterward, I jot down what came up — usually creative solutions or insights

3. Journaling

I use the app *Diarium* (it syncs with everything: iOS, Android, Windows, Mac).

My journaling includes:

- Reflections on the day before
- Today's intentions
- Requests to the universe (yes, really)
- Gratitude entries
- My goals

4. It keeps me grounded, aware, and clear.

5. Exercise

Lately, I've gotten back into running — and I love it.

It clears my mind the same way meditation does.
Whether I'm running in silence or with a powerful audiobook, I always finish with a few new ideas that I have to write down *immediately*.

Why This Routine Works for Me

When I *don't* do my morning routine?

- I feel off.
- I can't get centered.
- I carry the chaos of the day like dead weight.

Because life *is* chaotic.

There are kids, clients, calls, family, obligations...

If I don't claim those early hours for myself, I lose control of the day before it starts.

"But I'm Not a Morning Person..."

That's fine.

If early mornings don't work for you, try the **night version**.

The practices themselves are flexible:

- Meditation = backed by science
- Journaling = proven to support mental clarity
- Exercise = always a win

What matters is **creating space for yourself** every single day — free from distractions, obligations, and noise.

Final Thoughts

This routine might not work for everyone.

But it works **really well** for me.

If you're looking for more discipline, focus, clarity, or peace — try it.

Or at least check out *The Miracle Morning* and see what resonates with you.

There's a great community behind it, and Hal Elrod shares even more tools like affirmations and visualization.

So yeah — I'm that guy:

The one who's in bed before 10.

The one who wakes up before the sun.

The one who has already meditated, journaled, and gone for a run before most people finish their first coffee.

But hey — it works.

Maybe it'll work for you too.

Or maybe try your version of it. Either way — **make time for yourself.**

Thanks. Bye.