REWIRED MORNINGS

Daily Reflections to Begin Your Day with Intention



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The Rewirer!

REWIRED
MORNINGS

DAILY REFLECTIONS · VOLUME 1

to begin your day with intention

FREE SAMPLE · PART I, FIVE MORNINGS

Shashank – The Rewirer!

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BEFORE YOU BEGIN

A Note Before You Begin

Every morning, for months, I have shared a short reflection with friends, colleagues and protégés. Each one has three parts: a power quote from someone who inspires me, a few lines from the book I am reading at the time, and a closing thought that ties the two together.

This book gathers the first of those mornings in one place. I share them for a simple reason. A few minutes of thought at the start of the day can change how the rest of the day unfolds.

Most of the ideas here come from books I was reading as I wrote. I have put them in my own words, and I encourage you to read the books themselves. They are listed at the back.

I have added one small thing to every page, **Rewire Today**, because reflection without action changes nothing. It takes a few minutes at most.

Read slowly. Take one page each morning. Then go and live it.

Shashank – The Rewirer!

How to Read This Book

1. **Read the Power Quote slowly.** Read it twice if you can. Notice which word stays with you.
2. **Read One Book, Few Lines.** This is the idea from the book of the day, in brief. Ask yourself where it applies to your own life.
3. **Read the Closing Thought.** It ties the quote and the book idea together in a single line.
4. **Do Rewire Today.** Every page ends with one small action. Do it before the day gets busy.
5. **Write it down.** Use the journal page at the end of the book, or a notebook of your own.

> **One a day is enough.** The reflections are in six themed chapters, but you can open the book anywhere. Choose the page that calls to you, or let the day decide.



PART I

Begin and Keep Going

Knowing what to do is common. Doing it, again and again, is what sets people apart. These reflections are about starting, and about staying with it.

5 REFLECTIONS

REFLECTION 01

POWER QUOTE

> *Knowing is not enough, we must apply. Willing is not enough, we must do.*
>
> — JOHANN WOLFGANG VON GOETHE

ONE BOOK, FEW LINES

What I Wish I Knew About Luck by Tina Seelig

Seelig observes that much of what looks like luck is quiet, patient work, done where no one is watching.

CLOSING THOUGHT

> *"Small consistent actions have more power than big declarations."*
>
> — SHASHANK - THE REWIRER!

REWIRE TODAY

Choose one small action you have been meaning to take, and do it before noon.

POWER QUOTE

> *It's not what we do once in a while that shapes our lives. It's what we do consistently.*
>
> — TONY ROBBINS

ONE BOOK, FEW LINES

What I Wish I Knew About Luck by Tina Seelig

She reminds us we can't control how others treat us, only our reply, and our reply shapes how they treat us next.

What I Wish I Knew About Luck by Tina Seelig

In her view, every day brings small choices, and learning from each one moves us step by step towards our goals.

CLOSING THOUGHT

> *"God provides the wind, but man must raise the sail."*
>
> — PROVERB

REWIRE TODAY

Repeat one small, useful habit today, even if you do not feel like it.

POWER QUOTE

> *The path to success is to take massive, determined action.*
>
> — TONY ROBBINS

ONE BOOK, FEW LINES

What I Wish I Knew About Luck by Tina Seelig

Seelig describes how people who seem lucky notice chances, act on instinct, expect good things and find the lesson in setbacks. These, she says, are habits anyone can learn.

CLOSING THOUGHT

> *"A small version done is better than a full version skipped."*
>
> — SHASHANK - THE REWIRER!

REWIRE TODAY

Pick one of these four habits and practise it once today.

REFLECTION 04

POWER QUOTE

> *In life, lots of people know what to do, but few people actually do what they know.*
>
> — TONY ROBBINS

ONE BOOK, FEW LINES

What I Wish I Knew About Luck by Tina Seelig

She sees every obstacle as a teacher that makes us stronger, and suggests measuring success by our growth along the way, not only by the finish line.

CLOSING THOUGHT

> *"Anything that is learned can be unlearned and can be replaced."*
>
> — SHASHANK - THE REWIRER!

REWIRE TODAY

Name one obstacle you face today and write down what it could teach you.

POWER QUOTE

> *The only impossible journey is the one you never begin.*
>
> — TONY ROBBINS

ONE BOOK, FEW LINES

What I Wish I Knew About Luck by Tina Seelig

Seelig compares life to a long race with changing stages. Trying to do everything at once wears us out, she says; choosing what matters most now keeps us ready when a door opens.

CLOSING THOUGHT

> *"Consistency in imperfect conditions is more powerful than intensity in ideal conditions."*
>
> — SHASHANK - THE REWIRER!

REWIRE TODAY

Decide the one priority that deserves your best energy today.

Enjoyed your first five mornings?

You have just read Part I of *Rewired Mornings*. Twenty-two more reflections are waiting, in five more parts:

II Clarity and Standards

III Your Story and Your Beliefs

IV Luck, Courage and Open Doors

V Gratitude, Kindness and Connection

VI Books and the Present Moment

Every page brings a power quote, an idea from a good book, a closing thought and one small action for the day.

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