

commanding your morning

commanding your morning is a powerful concept that has gained attention among professionals, wellness enthusiasts, and anyone seeking a more productive and intentional start to their day. This article explores the transformative power of establishing a purposeful morning routine, backed by science and practical strategies. You'll discover how commanding your morning can set the tone for success, increase your energy, and help you achieve your goals. We'll examine why the first hours of your day matter, effective techniques for crafting a morning routine, and how mindful practices such as meditation and visualization can enhance your mindset. Whether you're looking to boost productivity, foster personal growth, or simply start each day with clarity, commanding your morning delivers tangible results. Read on to learn actionable steps, expert tips, and proven methods to make your mornings work for you.

- Understanding the Power of Commanding Your Morning
- The Science Behind Morning Routines
- Key Elements of an Effective Morning Routine
- Mindfulness and Mental Clarity in the Morning
- Productivity Techniques for a Commanding Start
- Common Challenges and Solutions
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Understanding the Power of Commanding Your Morning

Commanding your morning goes beyond simply waking up early; it's about intentionally designing your first hours to influence the rest of your day. The principle is rooted in the idea that morning routines can set a positive tone, boost motivation, and provide structure. By taking charge of your morning, you increase your chances of achieving daily goals, managing stress, and fostering a proactive mindset. This approach is favored by successful individuals in various fields, who attribute much of their productivity and mental resilience to their morning rituals. Commanding your morning helps you cultivate discipline, self-awareness, and adaptability, laying a strong foundation for personal and professional growth.

The Science Behind Morning Routines

Research has shown that our brains are particularly receptive in the morning, making it an ideal time for focused activity and self-improvement. Cortisol, commonly known as the “stress hormone,” peaks in the early hours, providing a natural energy boost. Establishing a routine when your mind is fresh can improve cognitive function and emotional regulation throughout the day. Psychological studies suggest that morning rituals can lower anxiety, enhance creativity, and reinforce positive habits. By commanding your morning and aligning your actions with your intentions, you harness biological rhythms that support sustained productivity and well-being.

Key Elements of an Effective Morning Routine

To command your morning successfully, it's essential to incorporate components that address both physical and mental health. A strong morning routine balances structure with flexibility, allowing you to adapt to changing needs while maintaining consistency. Below are some critical elements to consider when designing your own morning ritual:

- Wake up at a consistent time to regulate your body clock and improve sleep quality.
- Engage in light physical activity, such as stretching, yoga, or a brisk walk, to boost energy and circulation.
- Practice gratitude or journaling to foster a positive mindset and clarify daily intentions.
- Plan and prioritize your top tasks to create structure and minimize decision fatigue.
- Eat a nourishing breakfast to fuel your body and support mental alertness.
- Limit digital distractions by avoiding emails and social media during the first hour.

Incorporating these elements ensures that you start the day with purpose, clarity, and motivation, making it easier to respond to challenges and opportunities.

Mindfulness and Mental Clarity in the Morning

Mindfulness is a cornerstone of commanding your morning, as it helps center your thoughts and cultivate emotional balance. Engaging in mindful practices such as meditation, deep breathing, or visualization can reduce stress and

enhance focus. Starting the day with mental clarity allows you to approach tasks with greater confidence and resilience. Visualization, where you imagine achieving your goals, primes your mind for success and can increase motivation. Affirmations are another powerful tool, reinforcing positive beliefs and attitudes that shape your day. Embracing mindfulness in your morning routine supports a balanced, intentional approach to daily life.

Productivity Techniques for a Commanding Start

Maximizing productivity in the morning involves more than just checking off tasks; it's about leveraging strategies that align with your goals and energy levels. Commanding your morning means prioritizing high-impact activities, minimizing distractions, and using time efficiently. Consider the following productivity techniques:

1. Time blocking: Allocate specific periods for focused work, planning, and reflection.
2. "Eat the frog" method: Tackle your most challenging or important task first to build momentum.
3. Batching similar activities: Group related tasks to streamline workflow and reduce cognitive load.
4. Reviewing goals: Spend a few minutes revisiting short-term and long-term objectives to stay on track.

Integrating these techniques into your morning empowers you to make progress on priorities and maintain motivation throughout the day.

Common Challenges and Solutions

While commanding your morning offers numerous benefits, it's common to encounter obstacles such as lack of motivation, time constraints, or difficulty forming new habits. Addressing these challenges requires practical strategies and a willingness to adjust your approach. Here are solutions to some frequent issues:

- Difficulty waking up early: Gradually adjust your bedtime and wake time by 10–15 minutes until you reach your target.
- Lack of motivation: Start with small, achievable tasks and build up as your routine becomes more established.
- Inconsistent schedule: Prepare the night before by laying out clothes, planning breakfast, and setting clear intentions.

- Feeling overwhelmed: Simplify your routine and focus on 2–3 key activities that have the most impact.

Adopting a flexible mindset and being patient with yourself can help you overcome setbacks and maintain progress in commanding your morning.

Building Consistency and Long-Term Success

Consistency is the key to reaping the full benefits of commanding your morning. Building habits takes time and requires regular reflection and adjustment. Track your progress using a journal or habit tracker, and celebrate small wins to stay motivated. Periodically evaluate your routine to identify what's working and what needs improvement. Remember that flexibility is essential; adapt your morning rituals to accommodate changes in your schedule or personal needs. Over time, a consistent and intentional morning routine can lead to greater productivity, improved well-being, and a stronger sense of control over your day.

Q: What does commanding your morning mean?

A: Commanding your morning refers to intentionally structuring the first hours of your day to maximize productivity, clarity, and well-being. It involves creating a purposeful routine that sets a positive tone and helps you achieve your daily goals.

Q: Why is a morning routine important for success?

A: A morning routine is important because it helps regulate your body clock, improves mental focus, reduces stress, and enables you to start the day with intention and motivation. Successful individuals often credit their morning routines as a key factor in their achievements.

Q: What are some effective habits for commanding your morning?

A: Effective habits include waking up at a consistent time, practicing mindfulness or meditation, engaging in physical activity, journaling, prioritizing tasks, and avoiding digital distractions during the first hour of the day.

Q: How can I stay consistent with my morning

routine?

A: Consistency can be achieved by gradually building habits, preparing the night before, tracking your progress, and allowing flexibility in your routine to adapt to changing circumstances.

Q: What role does mindfulness play in commanding your morning?

A: Mindfulness helps cultivate mental clarity, reduce stress, and enhance focus. Incorporating mindfulness practices such as meditation, deep breathing, or visualization into your morning routine supports a balanced and intentional start to your day.

Q: How long should my morning routine be?

A: The ideal length varies for each person, but a morning routine can be effective even if it's just 20–30 minutes. The key is to include meaningful activities that prepare you for the day ahead.

Q: Can commanding your morning help with stress management?

A: Yes, structuring your morning with calming activities and planning can reduce anxiety, increase resilience, and help you manage stress more effectively throughout the day.

Q: What is the “eat the frog” method and how does it relate to commanding your morning?

A: The “eat the frog” method involves tackling your most challenging or important task first thing in the morning. This approach builds momentum, reduces procrastination, and aligns with the principles of commanding your morning.

Q: How do I overcome obstacles like lack of motivation in the morning?

A: Overcome lack of motivation by starting with simple, achievable tasks, celebrating small wins, and gradually building your routine. Preparing the night before and focusing on activities you enjoy can also help boost motivation.

Q: Is it necessary to avoid technology during my morning routine?

A: Avoiding technology, especially emails and social media, during the first hour can minimize distractions and help you maintain focus. This practice supports a more mindful and productive start to your day.

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Commanding Your Morning: Own Your Day Before It Owns You

Are you tired of mornings feeling like a chaotic scramble? Do you find yourself constantly playing catch-up, reacting to the day instead of proactively shaping it? If so, you're not alone. Millions struggle to harness the power of the morning, letting precious hours slip away before they even have a chance to breathe. This comprehensive guide will equip you with practical strategies to truly command your morning, setting the tone for a productive and fulfilling day. We'll explore actionable techniques to help you design a morning routine that works for you, transforming those early hours from a source of stress into a wellspring of energy and accomplishment.

1. The Power of Preparation: Laying the Foundation for a Successful Morning

The key to commanding your morning lies in the preparation you do the night before. This isn't about frantic last-minute packing; it's about mindful planning that minimizes morning stress and maximizes efficiency.

Plan your outfit: Choose your clothes and accessories the night before. This seemingly small act eliminates decision fatigue in the morning, saving valuable time and mental energy.

Prepare your breakfast (or lunch): Having breakfast ready to grab or partially prepared significantly reduces morning rush. Overnight oats, pre-cut fruits, or even a quick smoothie can be game-changers.

Pack your bag: Gather your work materials, gym clothes, or anything else you need for the day. This avoids last-minute searches and potential delays.

Set your intentions: Spend a few minutes reflecting on your goals for the day. Write down three to five key tasks you want to accomplish. This creates focus and direction for your morning.

2. Mastering the Art of Waking Up: Gentle Awakening vs. The Snooze Button

How you wake up significantly impacts your entire day. Avoid the jarring alarm clock that throws you into instant stress.

Choose a gentle alarm: Opt for a gradual sunrise alarm clock or a nature-sound alarm to promote a smoother transition from sleep to wakefulness.

Hydrate immediately: Drink a large glass of water as soon as you wake up. Rehydration helps boost energy levels and jumpstarts your metabolism.

Avoid screen time immediately: Resist the urge to check your phone first thing. This can lead to information overload and negatively impact your mood and focus.

Incorporate mindfulness: Begin your day with a few minutes of meditation or deep breathing exercises to calm your mind and center yourself.

3. Building Your Ideal Morning Routine: Personalized Strategies for Success

A successful morning routine isn't a one-size-fits-all solution. It's a personalized system designed to meet your individual needs and preferences.

Identify your peak productivity time: Are you a morning person or a night owl? Schedule your most demanding tasks for when you're at your sharpest.

Prioritize self-care: Incorporate activities that nourish your mind and body, such as exercise, yoga, or journaling. This sets a positive tone for the rest of the day.

Set realistic goals: Don't try to cram too much into your morning. Start with a few key activities and gradually add more as you build consistency.

Experiment and adapt: Your morning routine is a work in progress. Don't be afraid to adjust it as needed to find what truly works for you.

4. Sustaining Momentum: Maintaining Your Commanding Morning Routine

Consistency is key to commanding your morning long-term. It takes time and effort to build a new habit, but the rewards are well worth it.

Track your progress: Use a journal or app to monitor your progress and identify areas for improvement.

Celebrate your wins: Acknowledge your successes, no matter how small. This reinforces positive behavior and boosts motivation.

Be kind to yourself: There will be days when you slip up. Don't beat yourself up about it. Simply acknowledge it and get back on track.

Review and refine: Regularly review your morning routine and make adjustments as needed to keep it fresh and effective.

Conclusion

Commanding your morning isn't about rigid adherence to a schedule; it's about cultivating a mindful and intentional approach to your day. By incorporating the strategies outlined above, you can transform those precious early hours from a source of stress into a catalyst for productivity, well-being, and overall success. Remember, the key lies in personalization, consistency, and a commitment to making your morning work for you.

FAQs

1. How long should my morning routine be? The ideal length varies depending on your individual needs and preferences. Start with a shorter routine (15-30 minutes) and gradually add more activities as you become more comfortable.
2. What if I'm not a morning person? Even if you're not naturally a morning person, you can still command your morning. Start small, be patient with yourself, and gradually adjust your sleep schedule to wake up earlier.
3. What if I have children? Adjust your routine to accommodate your family's needs. Wake up a little earlier than your children to enjoy some quiet time for yourself before they wake up.
4. How can I stay motivated to maintain my routine? Find an accountability partner or join a group

with similar goals. Sharing your progress and challenges can provide support and encouragement.

5. What if my routine doesn't work after a few weeks? Don't be discouraged. Review and refine your routine. Experiment with different activities and time allocations until you find a system that works best for you.

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commanding your morning: The 40 Day Soul Fast Cindy Trimm, 2011-10-20 Get ready to experience the best 40 days of your life! *The 40 Day Soul Fast: Your Journey To Authentic Living* is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out—as we are told by Jesus in the book of Matthew: "Ignite the kingdom life within you, a fire within you . . . changing you from the inside out . . . make a clean sweep of your lives" (Matthew 3:11). When all is well with the souls of humanity, all will be well in the world. When you have peace in your soul, you will bring that peace to bear on the world around you—you will become the change you are hoping to see. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement! You may think that one healed soul cannot heal the world, but it can. Join the Soul Fast Movement by going to www.soulfast.com. There you will find soul-empowering resources and tools to not only transform

your life, but the world! The 40 Day Soul Fast promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart! Step out and engage with your authentic self—it will be the best 40 days of your life!

commanding your morning: Commanding Your Morning Daily Devotional Cindy Trimm, 2014-01-07 In *Commanding Your Morning* Cindy Trimm helps readers achieve victory over their circumstances through spoken declarations that activate God's power. The *Commanding Your Morning Daily Devotional* makes that message even more practical by giving them daily teaching, scriptures, and declarations that will empower them to start every day off right. Cindy writes in *Commanding Your Morning* that what begins with God has to end right. Anyone wanting a successful day will benefit from this practical devotional.

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commanding your morning: Goodbye, Yesterday! Cindy Trimm, 2020 FROM THE BEST-SELLING AUTHOR OF THE PRAYER WARRIOR'S WAY; THE ART OF WAR FOR SPIRITUAL BATTLE; HELLO, TOMORROW ; AND COMMANDING YOUR MORNING SELLING MORE THAN ONE MILLION COPIES COMBINED. Your yesterday does not define your tomorrow. This book will set you free from the past, change the way you see yourself, and push you to pursue your future and all that God has for you. Each of us is born with a seed of greatness, but in many of us, it never grows to maturity because we don't realize our full potential. We continue to live day-to-day based on the failures, defeatist attitude, and purposelessness of the past rather than acknowledging that we were created for more. Using insights gained from the Book of Genesis, *Goodbye, Yesterday* teaches readers the 12 principles of faith they need to be set free from the past, change the way they see themselves, and move fully into all that God has for them to do and to be. It enables readers to renegotiate their future, redefine their destiny, reestablish their dominion in a world of chaos, and realize their full potential as God's representatives on the earth. This book will help readers move beyond the self-defeating behaviors and mind-sets of the past and embrace the awesome person God designed them to be Also Available in Spanish ISBN: 978-1-62999-271-6 OTHER BOOKS BY CINDY TRIMM: *Hello, Tomorrow* (2018) ISBN: 978-1629995496 *The Rules of Engagement for Overcoming Your Past* (2014) ISBN: 978-1621362333 *'Til Heaven Invades Earth* (2013) ISBN: 978-1621362906

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commanding your morning: Praying by the Blood of Jesus Dr. D. K. Olukoya, 2016-05-02

Praying by the blood of Jesus is highly crucial in spiritual warfare. The power in the blood of the Lamb is the ultimate. No power supersedes it. The blood has been shed. But it must be appropriated and applied. You have the checkbook but you must write the check, This book will teach you how to apply this principle and technique.

commanding your morning: Common Worship: Times and Seasons President's Edition

Common Worship, 2013-07-15 This revised, expanded edition of the Common Worship President's Edition contains everything to celebrate Holy Communion Order One throughout the church year. It combines relevant material from the original President's Edition with Eucharistic material from Times and Seasons, Festivals and Pastoral Services, and the Additional Collects.

commanding your morning: Make Your Bed Admiral William H. McRaven, 2017-04-04

Based on a Navy SEAL's inspiring graduation speech, this #1 New York Times bestseller of powerful life lessons should be read by every leader in America (Wall Street Journal). If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, What starts here changes the world, he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments. Powerful. --USA Today Full of captivating personal anecdotes from inside the national security vault. --Washington Post Superb, smart, and succinct. --Forbes

commanding your morning: Because of Bethlehem Bible Study Guide Max Lucado,

2016-09-13 In the Because of Bethlehem video Bible study (DVD/digital video sold separately), bestselling author and pastor Max Lucado guides you through the Advent season to its source at an unassuming stable in Bethlehem... No one expected the Messiah to come the way he did. Yet the way he came was every bit as important as the coming itself. The manger is the message. Because of Bethlehem, God knows what it's like to be human. Because of Bethlehem, when we talk to him about tough times, he understands. He's been there. He's been here. Because of Bethlehem, we no longer have marks on our record...just grace. In the midst of your hectic Christmas season, this 4-session Bible study with Max will: Revive your wonder that the One who made everything chose to make himself nothing for us. Rekindle your connection to the Christ of Christmas who offers lasting hope. Help you lay down your endless Christmas to-do list and receive what Jesus has already done. Heal your heartache by embracing the God who is always near you, always for you, and always in you. For some, Christmas is a time of excitement, celebration, and family, while for others it is a time of loneliness, grief, and loss. No matter what this season holds for you, the promise of Christmas will bring you a lifetime of hope. The Because of Bethlehem Study Guide includes video notes and discussion questions, Bible exploration, an individual application activity, and an Advent practice to complete between meetings. Sessions include: God Has a Face Worship Works Wonders God Guides the Wise Every Heart a Manger Designed for use with Because of Bethlehem/He Chose the Nails Video Study (9780310687849), sold separately. The DVD is a two-disc set for Christmas and Easter.

commanding your morning: Wild at Heart John Eldredge, 2011-04-17

In all your boyhood dreams of growing up, did you dream of being a nice guy? Eldredge believes that every man longs for a battle to fight, an adventure to live, and a beauty to rescue. That is how he bears the image of God; that is what God made him to be.

commanding your morning: A Simple Way to Pray Martin Luther, 2000-01-01

When asked by his barber and good friend, Peter Beskendorf, for some practical guidance on how to prepare oneself for prayer, Luther responded by writing this brief treatise, first published in the spring of

1535. After 500 years, his instruction continues to offer words of spiritual nurture for us today.

commanding your morning: 'Til Heaven Invades Earth Cindy Trimm, 2013 The Anatomy of Intercession will look at the lives of great intercessors, from Abraham and Moses to John Praying Hyde, Rees Howells, and John G. Lake, to glean from their lives and teachings insights and principles about the importance and impact of intercessory prayer from a practical perspective.

commanding your morning: Strange Enemies Strange Prayers Dr. D. K. Olukoya, 2020-01-12 When you are faced with unrepentant and terribly wicked enemies, you need more than ordinary prayers to triumph. Strange enemies require strange prayers to put them in check and subdue them. In this highly anointed, eye-opening and instructive book, Dr D. K. Olukoya, the globally acclaimed doyen of spiritual warfare and exploits through prayer, reveals who strange enemies are, teaches an eclectic range of 'dangerous prayers' and proffers, chiefly, the Aggressive Prayers of the Psalmist as potent weapons to counter their operations and overcome them, especially in these perilous times. The best weapon against an enemy is another enemy- strange prayers! As you apply the winning principles in this book and pray the Holy Ghost-vomited prayer points, your strange enemies will give up and your challenges will turn to great testimonies.

commanding your morning: Summary of Cindy Trimm's Commanding Your Morning Everest Media, 2022-07-25T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The power of the spoken word is beyond our understanding. It is a spiritual mystery that has been hidden from us, but now it is being revealed so that God's people can be equipped for an unprecedented era of influence. #2 The universe begins with words and thoughts. Everything in the universe revolves around these two elements. Your thoughts, intentions, and aspirations - whether they be secretly pondered in your heart or openly declared as desires - mold and shape your personal universe into something that is either grand and beautiful or base and hideous. #3 What you say matters greatly. Your thoughts provide the fuel for your words, and your words provide the fuel for your world. It is important that you understand the meaning of what you are saying. #4 The law of cause and effect also works with the law of attraction. It states that like attracts like, and your thoughts and words are transmitted like a shortwave radio signal. They send messages out on a specific frequency and are transmitted back to you manifested as an experience or occurrence in your life.

commanding your morning: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin

Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

commanding your morning: *She Reads Truth* Raechel Myers, Amanda Bible Williams, 2016-10-04 Born out of the experiences of hundreds of thousands of women who Raechel and Amanda have walked alongside as they walk with the Lord, *She Reads Truth* is the message that will help you understand the place of God's Word in your life.

commanding your morning: *Commanding Hope* Thomas Homer-Dixon, 2022-06-14 Calling on history, cutting-edge research, complexity science and even *The Lord of the Rings*, renowned thought leader Thomas Homer-Dixon lays out the tools we can command to rescue a world on the brink. For three decades, Thomas Homer-Dixon, author of *The Ingenuity Gap* and *The Upside of Down*, has examined the threats to our future security—predicting a deteriorating global environment, extreme economic stresses, mass migrations, social instability and wide political violence if humankind continued on its current course. He was called The Doom Meister, but we now see how prescient he was. Today, just about everything we've known and relied on (our natural environment, economy, societies, cultures and institutions) is changing dramatically—too often for the worse. Without radical new approaches, our planet will become unrecognizable as well as poorer, more violent and more authoritarian. In his latest work (dedicated to his young children), he calls on his extraordinary knowledge of complexity science, of how societies work and can evolve, and of our capacity to handle threats, to show that we can shift human civilization onto a decisively new path if we mobilize our minds, spirits, imaginations and collective values. *Commanding Hope* marshals a fascinating, accessible argument for reinvigorating our cognitive strengths and belief systems to affect urgent systemic change, strengthen our economies and cultures, and renew our hope in a positive future for everyone on Earth.

commanding your morning: *Women Living Well* Courtney Joseph Fallick, 2013-10-08 Women desire to live well. However, living well in this modern world is a challenge. The pace of life, along with the new front porch of social media, has changed the landscape of our lives. Women have been told for far too long that being on the go and accumulating more things will make their lives full. As a result, we grasp for the wrong things in life and come up empty. God created us to walk with him; to know him and to be loved by him. He is our living well and when we drink from the water he continually provides, it will change us. Our marriages, our parenting, and our homemaking will be transformed. Mommy-blogger Courtney Joseph is a cheerful realist. She tackles the challenge of holding onto vintage values in a modern world, starting with the keys to protecting our walk with God. No subject is off-limits as she moves on to marriage, parenting, and household management. Rooted in the Bible, her practical approach includes tons of tips that are perfect for busy moms, including: Simple Solutions for Studying God's Word How to Handle Marriage, Parenting, and Homemaking in a Digital Age 10 Steps to Completing Your Husband Dealing With Disappointed Expectations in Motherhood Creating Routines that Bring Rest Pursuing the Discipline and Diligence of the Proverbs 31 Woman There is nothing more important than fostering your faith, building your marriage, training your children, and creating a haven for your family. *Women Living Well* is a clear and personal guide to making the most of these precious responsibilities.

commanding your morning: *Prayer Passport to Crush Oppression* Dr. D. K. Olukoya, 2014-01-14 *Prayer Passport* is a compendium of rare and powerful prayer points. It has been divinely designed to turn tragedy to triumph, sickness to health, failure to success, powerlessness to uncommon strengths as well as problems to testimonies. *Prayer Passport* addresses the root of complex problems and provides total solutions to recurrent attacks from the kingdom of darkness. This is a unique spiritual warfare manual. This book will lead you into a glorious destiny. With *Prayer Passport* in your hands, the Kingdom of darkness is in trouble. This is indeed your passport to breakthrough, prosperity, peace, power, uncommon testimonies and an entrance into the realm where you will possess your possessions.

commanding your morning: *Tony Evans Speaks Out on Prayer* Tony Evans, 2000-10-01 The Christian life isn't very complicated; but we've made it so through our ignorance of principles central to the Christian walk. There are some basics with which people need to be equipped to live a more

victorious Christian life. Tony Evans has heard the people's cry for these sometimes difficult principles to be made simple and explained clearly and succinctly. In his new Tony Evans Speaks Out . . . booklet series, Evans tackles four basic elements of Christianity with a clarity and simplicity characteristic of his popular style.

commanding your morning: *Deliverance of the Brain* Dr. D. K. Olukoya, 2014-01-13

Deliverance of the Brain is without a doubt, a masterpiece. Reading it will add value to your brain. It brings to the fore, the depth of your intellectual endowment and shows you what it takes to obtain, and experience and retain sound mental health. While this book will show you how to maximize your mental capacity, it will also lead you unto deliverance from every form of mental affliction. This book will move every reader forward. It will put an end to every activity of the enemy in the area of the brain

commanding your morning: Watch and Pray United in Christ Ministries of Canton, 2016-04-04 Prayer is an essential part of our daily life. Without prayer, we do not have the power to pursue God and carry out our divine destiny. Whenever we pray, there is a specific watch or interval of time connected to it. Each prayer watch is a time for us to pray for our loved ones, our church, our government leaders, and for God's judgments and interception of Satan's diabolical plans. In *Watch and Pray: Understanding the Eight Prayer Watches*, you will learn the answers to the following questions: - Why is prayer important? - What is a prayer watch? - What is a watchman? - What are the time intervals for each prayer watch? - What spiritual activities are involved during the eight prayer watches? This book also provides journal pages for readers to record their prayer requests, Scripture references, and prayer results. *Watch and Pray: Understanding the Eight Prayer Watches* will encourage your to pray and to see your life change and access all that God has for you in Christ Jesus.

commanding your morning: *How to receive the Mantle of Power* Dr. D. K. Olukoya, 2014-06-26 Whatever event, occasion or situation, there is always one type of attire or the other. However in the spiritual realm, there is an all-time and all-situation attire which is the mantle of power. When you have on the mantle of power you become untouchable and all-time conqueror. The knowledge on how to acquire the mantle of power is given a lucid and graphic details in this book.

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commanding your morning: Starting Your Day Right Joyce Meyer, 2004-03-15 Readers are invited to start the morning off right with #1 New York Times bestselling author Joyce Meyer's devotions for each day of the year.

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both physical and spiritual, like this era. This is a tougher era of warfare. More people are under bondage now, more than in any other period of human history. There are cases of deep bondage, uncommon attacks against the family and horrendous occurrences in the lives of individuals. The devil has wreaked a lot of havoc upon humanity. The bible has described in vivid terms that God is aware of the high spate of demonic hostilities. Hence the Holy Spirit has released the prophetic revelations in this book in order to place us in good stead for a unique role in this end times. This manual is the first of its kind. This is the apex of deliverance. We are the threshold of a revival of spiritual warfare. The sweeping and the far reaching effect shall be best described as awesome!

commanding your morning: *The Valley of Vision* Arthur Bennett, 2002

commanding your morning: Where the Light Fell Philip Yancey, 2023-03-14 In this searing meditation on the bonds of family and the allure of extremist faith, one of today's most celebrated Christian writers recounts his unexpected journey from a strict fundamentalist upbringing to a life of compassion and grace—a revelatory memoir that “invites comparison to Hillbilly Elegy” (Publishers Weekly, starred review). “Searing, heartrending . . . This stunning tale reminds us that the only way to keep living is to ask God for the impossible: love, forgiveness, and hope.”—Kate Bowler, New York Times bestselling author of *Everything Happens for a Reason* Raised by an impoverished widow who earned room and board as a Bible teacher in 1950s Atlanta, Philip Yancey and his brother, Marshall, found ways to venture out beyond the confines of their eight-foot-wide trailer. But when Yancey was in college, he uncovered a shocking secret about his father's death—a secret that began to illuminate the motivations that drove his mother to extreme, often hostile religious convictions and a belief that her sons had been ordained for a divine cause. Searching for answers, Yancey dives into his family origins, taking us on an evocative journey from the backwoods of the Bible Belt to the bustling streets of Philadelphia; from trailer parks to church sanctuaries; from family oddballs to fire-and-brimstone preachers and childhood awakenings through nature, music, and literature. In time, the weight of religious and family pressure sent both sons on opposite paths—one toward healing from the impact of what he calls a “toxic faith,” the other into a self-destructive spiral. *Where the Light Fell* is a gripping family narrative set against a turbulent time in post-World War II America, shaped by the collision of Southern fundamentalism with the mounting pressures of the civil rights movement and Sixties-era forces of social change. In piecing together his fragmented personal history and his search for redemption, Yancey gives testament to the enduring power of our hunger for truth and the possibility of faith rooted in grace instead of fear. “I truly believe this is the one book I was put on earth to write,” says Yancey. “So many of the strands from my childhood—racial hostility, political division, culture wars—have resurfaced in modern form. Looking back points me forward.”

commanding your morning: Tyranny of the Urgent Charles E. Hummel, 2013-08-15 Now thoroughly revised and expanded, this classic booklet by Charles E. Hummel offers ideas and illustrations for effective time management. With over one million copies in print, this classic booklet from Charles E. Hummel has transformed the minds and hearts of generations of Christians. Its simplicity and depth is a foundational resource for all who have felt overwhelmed by the responsibilities of each day, week, month and year. Now thoroughly revised and expanded, Hummel's booklet offers ideas and illustrations for effective time management that will help even the busiest people find time for what's important.

commanding your morning: The Mystery of Prayer Dr. D. K. Olukoya, 2019-04-08 THE MYSTERY OF PRAYER There are various realms of prayer. When you get to an uncommon realm, your prayers will begin to obtain results in an amazing way. Prayer is one of the deepest mysteries. God does not do anything without prayer. Prayer is what triggers the acts of God. God will not do anything except what is activated through prayer. God also does everything in the life of humanity and the world through prayer. Prayer is therefore a catalyst that makes all things possible. , This book will give the principles to follow if you want to get results through prayer.

commanding your morning: MYSTERY OF THE MIDNIGHT PRAYER Hlompho Phamodi, 2015-10-13 There is no telling how far you can go spiritually by praying at certain strategic hours in

the night. There is something about the night prayers that is so powerful and the enemy knows this. Witches, Satanists and devil worshippers have discovered this secret and are using it daily to destroy people's lives. It's time for you to rise and counter attack their arrows. God awaits you tonight. You can never be same after this. I have included powerful spirit filled prayers to assist you as you pray. Read this book together with 'Marine spirits exposed' for more insight. I look forward to see your life progress as you learn, pray and command your mornings and destiny. I have included a section where I discuss how to maintain your deliverance. Be blessed as you read and pray. Part of this volume is an extract from 'Deliverance by Fire, by Force'.

commanding your morning: The Things They Carried Tim O'Brien, 2009-10-13 A classic work of American literature that has not stopped changing minds and lives since it burst onto the literary scene, *The Things They Carried* is a ground-breaking meditation on war, memory, imagination, and the redemptive power of storytelling. *The Things They Carried* depicts the men of Alpha Company: Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who has survived his tour in Vietnam to become a father and writer at the age of forty-three. Taught everywhere—from high school classrooms to graduate seminars in creative writing—it has become required reading for any American and continues to challenge readers in their perceptions of fact and fiction, war and peace, courage and fear and longing. *The Things They Carried* won France's prestigious Prix du Meilleur Livre Etranger and the Chicago Tribune Heartland Prize; it was also a finalist for the Pulitzer Prize and the National Book Critics Circle Award.

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