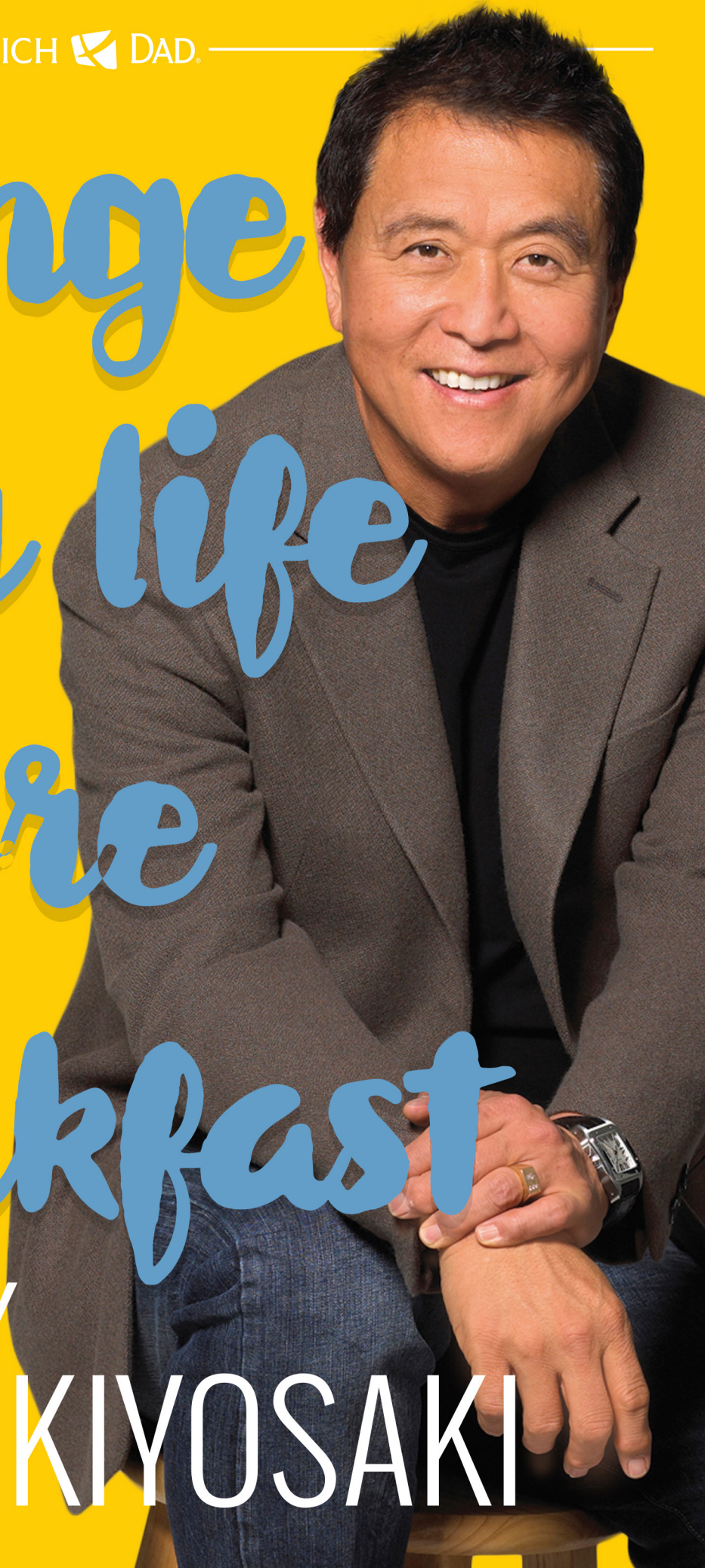


RICH  DAD.

Change your life before Breakfast

WRITTEN BY
ROBERT KIYOSAKI



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Change your life before breakfast

Remember when you were a kid going to bed on Christmas Eve or the night before your birthday, and you were so excited you didn't fall asleep for hours? And then the next morning, despite having barely slept, you woke up with that same level of excitement for what the day would hold?

I'm guessing that's not the mood you woke up to this morning.

Most of us wake up exhausted. Maybe you feel overwhelmed by what the day holds, or maybe you start out the day optimistic for what you'll get done but find that by afternoon your plans have fallen apart and you can't wait to get home and collapse on the couch.

I'm here to tell you there's a better way. Not just a better way, but a wonderful way.

But you're going to have to agree to do two things, and not do one specific thing. Agree to read this e-book all the way through and then put it into practice for at least 21 days to establish the new habits.

And the one thing you have to agree not to do? You can't say you already know all this, or that you've heard it before. If you think you know all the answers, you're not going to go out and venture new things. You're not going to learn, and you're not going to grow.

If you had all the answers, you wouldn't be reading this book. You wouldn't feel like you're in a rut unable to change. So keep an open mind when you're reading.

And one more thing before we dive in: Success isn't everything.

Scratch that. Success can't be everything if you don't include personal development in your life strategy. Success in your work, without personal growth, won't lead to happiness. So that's what we're going to cover here – six steps to start your day off positively and primed for success.

Be brave enough to Change

A few years ago, I went through a rough patch. I was depressed, and there was no logical reason for it — I had a great marriage, a great company, great people to work with. I had it all ... except happiness.

I didn't feel the spark to make more money because I had enough (and still was depressed). I wasn't motivated to go to the gym. I just felt stuck.

What I discovered was that I had to rethink how I approached happiness, and I had to focus on personal development. Somewhere along the way, that had become neglected, and I was reaping the consequences.

I had to admit that I needed to change. And anyone else going through a similar situation must do the same. Whether it's making money, losing weight, becoming a better person — whatever your goal — it's not enough to just wish that you could change your life. You have to be brave enough to actually do it.

My wife, Kim, and I have a saying we like to repeat:
For things to change, first I must change.

And that's true for you too. Your circumstances may feel beyond your control, but you can always control what's going on inside your mind. And to do that, it's going to take some work on yourself. Author and motivational speaker Jim Rohn says, "Your level of success will seldom exceed your level of personal development."

So what's the one thing that, if you could change it, would have the greatest positive impact on your life? Keep that goal at the forefront of your mind as you begin to practice these six steps and establish the habits that will propel you toward that goal.



Time Matters

As we start to work through the six steps, there's something to keep in mind: The time of day you practice makes a difference. And the night owls aren't going to like this, but that time is the morning. Yes, even if you think you do your best work after the sun goes down.

It's so important that you start the day in a positive

way. You're programming your mind as to how to approach the rest of the day, and you're creating a positive expectation for what follows.

How you start the day changes the quality of the entire day. Some people argue that how you start the morning is the biggest, most important thing you can do to change your life.

And if you do these steps first thing in the morning (OK, maybe second thing if you must have that cup of coffee), then you're also guaranteeing that you'll actually do them. Don't fool yourself into thinking you'll get around to doing these steps in the afternoon or evening. Most people come home from work, turn on the TV and their day is done. There's no recovery from that. They get into a rut. So it's much better to start it with a positive morning ritual.

If you aren't a morning person, you're going to have to change that thought process. It may be a challenge at first, but when you start seeing dividends from the morning ritual, you're going to start sincerely embracing the early hours.

And keep in mind that I'm not saying you have to spend an hour on each step every morning and wake up long before dawn. Do you only have 20 minutes on a certain day to do all six steps? Then that's as long as your morning ritual is going to take. It doesn't have to be all or nothing; every bit helps. So fit these steps into the time you have.

This is about starting the day better, not necessarily earlier.

Now, let's get into those steps. Many of the world's most successful people swear by one or two of these six steps. But an amazing thing will happen when you combine all of them — even if it's for a short duration.

Clear Your Mind

We live in a world of noise. Sometimes it's audible, and other times — a lot of the time — it's the "noise" of constantly checking our phones and the news.

You've got to give your mind times of calm and silence. You've got to shut out the world for a little while and let your brain rest and recover. Meditation lets you do this.

"But I'm not into yoga or transcendentalism or anything like that," you say. Meditation isn't limited to that. Ray Dalio, considered the most successful hedge fund manager in the world, swears by it. He says meditation is the key to his financial success.

Remember when I said you can't say you already know all this? You've got to keep an open mind and give this a try in the way that I'm presenting here. What you've been doing isn't working, it's time to try something new.

Meditation will give you a centered start to the other five steps, and a centered beginning to your day. But don't be fooled by the outwardly static appearance of this step — it's not easy. You're not just sitting there. You're calming your mind and tuning out the world.

Not to mention, you've got to force your inner voice to be silent. This is often harder than silencing everything around you.

This step doesn't come naturally to me. I immediately want to start fidgeting as I begin my meditation time each morning. But I've learned to tune myself out. Because when I tune me out, things happen.

Part of meditation is training your mind to do this. It really is as much about training your mind as exercise is about training your muscles.

Calming your mind can lower your blood pressure, help you find focus and give you energy. It helps center you before the chaos of the rest of your day arrives.

But such a simple thing — being quiet — can be really hard for many people, myself included. Because it feels like you're not doing anything, but simply being. And many people don't have the balance and mindset that allows them to naturally do this.

Some find it easier to get into meditation by concentrating on their breath, because that gives them something to do. You don't need to do any special breathing exercises; just breathe in and out naturally and notice how your body feels.

Other thoughts will slip in. Don't take that as a sign of failure and give up. Some of the best, most realistic

meditation advice I've read is to simply acknowledge those thoughts, those distracting feelings, and then gently push them away. Don't judge yourself because your mind let those thoughts in. Don't assume you're never going to be able to meditate. Just notice those thoughts, acknowledge them and move on.

Some call this mindfulness: noticing what's happening in your mind or body without passing any judgment. Don't get caught up in those thoughts that bubble up, either; just be aware of them and move on.

There are people who can meditate for hours on end. I'm not saying you have to do that. Aim for five minutes. Can't do that? Set the timer for two minutes and see if you can do that. Still can't make it? Do one minute. Complete one minute, celebrate the victory (no judging yourself!) and move on to the next step.

Tomorrow, try for two minutes. Keep building until you can meditate for five to 10 minutes in the morning. You may just get so good at it that you turn to mini meditation breaks throughout your day to help recenter yourself.

To help you get the most from this eBook, Robert asked 3 world-class coaches to record short videos and provide additional insight on each of the 6 steps.

In [this first video](#), Gil McLiff presents ideas about what to expect from meditation and some tips on how to get started.

The link is: <https://bit.ly/2of0AfN>



Say it

If you're a fan of 1990s late-night TV, you probably remember Stuart Smalley. He was a character on "Saturday Night Live" played by Al Franken.

The Stuart Smalley skits centered on a mock self-help show in which he hosted guests and used a number of affirmations, including what might be his most famous: "I'm good enough, I'm smart enough, and doggone it, people like me."

The character provided some laughs, but it also had the consequence of making many people in the general public mock the idea of affirmations.

The way affirmations have been taught over the years hasn't helped. Too often, people use self-lies as affirmations, or statements that are too general — "I attract wealth," or "I weigh 120 pounds." These simply aren't true, and saying them to yourself doesn't make them happen.

The best affirmations are those that incorporate specific actions. These affirmations program your mind to do things that will bring about the results you want. Things don't happen by magic simply by saying or wishing them so. We have to train our mind — both the conscious and the subconscious — to get

into the habits that will achieve our goals.

Here's an example: My wife, Kim, talks to a lot of women through her work who are afraid of taking their first step towards wealth. They're fearful of parting with their money for investments, of making a mistake, of looking like they don't know what they're doing.

Instead of encouraging them to say something like, "Money flows to me effortlessly" — which only results in someone waiting for money to show up (which isn't going to happen) — those women can tell themselves an affirmation like, "I'm committed to earning X dollars by doing Y action every day by Z date."

This isn't just wishful thinking; now it's an actionable plan. And by repeating this to themselves, they're creating the expectation in their mind that they're actually going to take that action. They're reprogramming the pathways in their brain.

Think back to the specific goal you want to accomplish. What are the steps to achieve it?

Create affirmations from those action steps. Make them specific. Write them down, and repeat

them to yourself for five to 10 minutes each morning. As you do so, that lead naturally into the next step.

RICH DAD EDITOR:

In [this brief video](#), Adam Mortimer describes how to make affirmations an effective tool in your pursuit of success.

The link is: <https://bit.ly/2LyAMEK>



See
it

Visualization runs into the same issues as affirmations. They've been taught as a magical, vague way to dream yourself to your goal. Those who teach them urge people to visualize the perfect outcome — the high-paying job, a dream house, a great body — but that's too general.

Just as your affirmations need to be focused on specific steps, so do your visualizations. You can't simply visualize yourself sitting in the corner office. Plan the steps that will get you there and visualize those.

Let's say you want to get into shape. Don't just visualize yourself sitting on the beach in your swimsuit. Instead, visualize yourself packing your gym bag and making it to the gym that day with a positive attitude. Picture yourself using the machines at the gym and growing stronger. Visualize yourself going to the grocery store, selecting fresh produce and lean meats, and then returning home and turning those ingredients into a delicious meal that leaves you satisfied.

Specific visualizations like these prepare your mind to accomplish the steps that will lead to the goal you want. Just visualizing the goal won't get you anywhere. You won't magically own your own company or run a marathon by picturing the end goal. You've got to condition your mind to do the steps that will take you there, and visualization is one of the ways to train your brain.

Visualization can also help your brain get around a mental block. To use another example from my wife, Kim — she was trying to prepare for a webinar that she was giving. She was having trouble developing an idea for it. She visualized herself walking downstairs, sitting in the lounge chair outside, closing her eyes for a little bit and then the idea would come to her. She did just that after visualizing it — she walked downstairs, she sat in the lounge chair, she closed her eyes and five minutes later, eureka! The idea arrived and she knew what she needed to do with the webinar.

So just as you did with the affirmations, think about the steps needed to accomplish your goal. Then visualize them in living color. If you're imagining yourself preparing healthy food, don't just vaguely see yourself at the store and then in the kitchen. Visualize yourself selecting the produce — smelling it, feeling it — and see yourself ringing it up at the cashier. In the kitchen, see the cutting board and the pan you would use.

Spend a few minutes — again, ideally five to ten minutes — visualizing the specific steps to your goal. Be as specific as possible.

See yourself doing it in your mind, and it will be that much easier to accomplish in real life because you've already prepared your mind.

RICH DAD EDITOR:

In [this brief video](#), Gil McIff gives his thoughts on visualizations and how to make them effective.

The link is: <https://bit.ly/2PcoX9v>

Move it

Up until now, we've focused on your mind. Now it's time to get the blood flowing to the rest of your body.

Life really is a balance of health, wealth and happiness, and without keeping your health in the mix, the other areas of your life will suffer. And there's an immediate benefit to exercising in the morning: Getting the oxygen and blood flowing and releasing endorphins positively affects the quality of the rest of your day.

Now, if you like going to the gym after work, you can still do this. The exercise I'm talking about in this step isn't a replacement for a full-on workout. It's five to 10 minutes of getting the body moving before you start the day.

Maybe you prefer to lift weights or run in the afternoon or evening. So use the morning session to do something like stretching, or a planking routine.

If you are a morning person who wants to do the full workout in the morning, that's fine too. The main thing to remember is that you need to move as part of your morning ritual. I don't want you thinking that just because you can't spend an hour exercising that you've failed this step.

RICH DAD EDITOR:

In [this short video](#), Rainbow Abegg shares some thoughts about how to make exercise in the morning easy.

The link is:
<https://bit.ly/2LxcHOr>



Become a Bookworm

The important thing is to do something for a few minutes. It awakens your mind and body and gives you a boost to carry you into your workday.

I'm the type of person who might not exercise for five days but then I'll go to the gym and overdo it. I try to make up for lost time and end up hating it. So instead of that, now I'm exercising for just a few minutes in the morning every day, faithfully. I might still hate exercise, but even I can do three minutes.

Find something that works for you and can be done in just a few minutes. There are apps that will take you through a workout that's just a few minutes long, or you might find a video or exercise

routine online that is doable. The main thing, as the Nike slogan goes, is to just do it.

Reading is the next step in your morning ritual. And no, I don't mean reading friends' posts on Facebook or the latest murder mystery by your favorite author.

This step is about is the kind of books that help you develop the skills, mindset and wisdom to improve different areas of your life. This isn't recreational reading, but empowerment for your mind.

And it doesn't matter what your goal is. Just as the Internet is a great source for quick exercise routines for your morning ritual, the information age we're living in means that no matter the area of your life you want to improve,

odds are there are at least a dozen books that can teach you how to do so.

You know the saying, “Garbage in, garbage out”? You could also say, “Negative in, negative out.” Whatever you’re feeding your mind will become what you send back into the world.

If you surround yourself with angry headlines on the news, that’s how you’ll see life. But if you spend part of your morning feeding your brain positive knowledge and life skills, your general outlook will greatly improve.

And again, it’s not an hour of required reading. Spend 10 minutes immersed in the book and then move on with the next step. You’re not trying to change your life in one morning, but instead you are building the neural pathways to create the kind of habits that propel you towards your goals.

RICH DAD EDITOR:

In [this video](#), Adam Mortimer describes how to get the most out of your reading.

The link is: <https://bit.ly/2LvQQXV>

Write it Down

Find a book about an area you want to improve. It could be business-related, or relationships, or even a biography of someone whose life you'd like to emulate. I've been reading a book about Gandhi — I've gone through the book three times and have picked up new things each time — and it has changed my outlook just by reprogramming my brain before I go to work in the morning.

If you find yourself really struggling to get through a book, don't judge this step or yourself as a failure. Just find a different book. Authors approach the same topic in different ways, so keep looking until you find the book that makes your brain light up. These steps aren't meant to be drudgery; they're supposed to give you a positive start to the day, and forcing yourself to read a book you hate won't accomplish that.

Journaling isn't just for tweens writing about their secret crushes. Writing your thoughts and intentions has a power — seeing something in ink makes it real.

There are a couple of ways to approach journaling during your morning ritual. One is to write what you want to accomplish, and the other is to write about what you're grateful for.

As an example, writing down what you focused on in the affirmations and visualization exercises, propels you into action. It helps you prioritize your actions and almost acts like a contract with yourself. It's a way of cementing the thoughts you've had in the previous steps.

Writing down what you're grateful for also helps change your mindset. There's a lot of research that shows how focusing on what you're grateful for actually trains your brain to start scanning for the positive. If you do that every day, you'll really start reprogramming your thoughts so that it starts happening without conscious effort.

There's no one right way to journal. You might like a spiral-bound notebook and a fancy pen. Maybe you work better on a screen in a Word document or an app. It might be a blank book or screen that works for you, or one that has writing prompts like the Five Minute Journal.

RICH DAD EDITOR:

Rainbow Abegg takes a minute [in this video](#) to explain how writing benefits both the conscious and the subconscious mind.

The link is: <https://bit.ly/2PdUOXv>

Minimum time Maximum impact

Maybe you are more visual, and a bullet journal will work best. Bullet journals, if you haven't seen them, are books that are part diary, part to-do list, organized in whatever way makes sense to the person creating them. Perhaps a pie chart displaying how you want to divide up your day is what works for you, or sketches that visually represent what you are grateful for, rather than using sentences.

The main thing is to not feel chained to your journal, or feel guilty if you don't write out epic entries detailing your whole life. Just like all the other steps, aim to spend just a few minutes each morning writing out your goals or gratitude. It will start to build the habit of mental focus and bring a brighter outlook that will improve your life and make your goals that much more achievable.

We all get into ruts. You go to work, you come home, you sit in front of the TV and your day is over. That isn't going to magically change by itself; you have to take the steps toward personal development to really alter your life trajectory.

None of the steps I've listed here is revolutionary. You've heard about all of these, but don't let that prohibit you from listening. The power within these steps is performing them in combination – every single day. Even if you can do each step for just a minute or two, do it. You'll be reprogramming your brain.

If I play golf once, does that make me a pro? No, I have to keep doing it. Practice makes perfect, but practice also makes permanent. Whatever you do every day sets in and becomes who you are.

Rather than looking at these steps and saying, “I already know that,” try replacing your reaction with, “Am I living that?” Are you approaching life with that positive outlook, or are you scattered and stressed and in a rut? Why not give the morning ritual a try?

Doing all of these steps for just one morning, or even a few days in a row, isn’t going to dramatically change your life. Do them every day for 21 days straight or, even better, for 30 days. Notice how your outlook begins to change. See how your attitude improves. Notice how you start to actively attack your goals because you’ve visualized them by writing out the specific steps you need to achieve them.

Any one of these steps is helpful, but doing them all together accelerates how quickly your life can change.

The amazing thing about creating the habit of doing all six practices for just a few minutes every morning is that it will start to change other parts of your day. Rather than dreading the process of getting up and making yourself

go through a routine, you might want to create even more time in the morning for it by going to bed earlier and forgoing that late-night TV or vegging out on the computer.

You could even find yourself recapturing that night-before-your-birthday joy you had as a child, where you greeted the day with enthusiasm for all the wonders it might hold — instead of a heavy sigh and wondering why the alarm came so early.

How you start your day determines how the rest of your day will go, and you add up enough of those days that’s how your life is going.

Remember, it’s not up to the world to make your life better. You have to do the changing. Forget a tough economy or a competitive market. You have to work on yourself and make the change you want to see.



Let's review what those steps are:

1. Clear your mind: Spend a few minutes meditating and being mindful of what is going on within your body. Tune out the world and yourself.
2. Say it: Create specific, action-based affirmations about the steps necessary to achieve your goal.
3. See it: Visualize those steps in vivid detail. Train your brain to accomplish them.
4. Move it: Get the oxygen and blood flowing; it not only helps energize your day, but those few minutes help you benefit your health.
5. Become a bookworm: Seek out books that can teach you knowledge and skills to accomplish your goals.
6. Write it down: Record specifics on what you're grateful for, or use your journaling time to set your priorities for the day and create an action plan based on your affirmations and visualizations.

Not only will making these part of your mornings help you improve your life, it will also help build the habits that will buoy you when hard times hit — and they always hit. Life is rarely perfect and easy, and building up a resiliency can make all the difference.

Especially for those who are entrepreneurs, the ability to come back from a setback can make or break you. Focusing on personal development helps you enhance that ability to bounce back.

Doing these six steps every morning builds that muscle — just think, once you've practiced meditation enough to make it a natural habit, you can turn to that centering action when you're hit with a particularly out-of-control moment in life. The affirmations, visualizations and journaling can help you re-establish what actions you need to take to get out of that moment. You'll have built the habit of reading books that have something to teach you, so it'll be natural for you to seek out those with wisdom to help you through it. And the exercise will remind you that keeping your body strong is so important, and it will help keep your energy up and your muscles loose as you deal with that life crisis.

Start your morning off with these steps and get ready to achieve your goals. Try it for 30 days and see how your life changes. It's a small time investment for big life dividends.

Now let's take this one step further...

What do professional athletes, performers and businesspeople have in common?

They all have a coach! Are you giving yourself the same advantage?

I asked my coaches to help explain each step in these emails to you in video. Now I've asked them to make one more video for you.

[Please watch](#) Adam Mortimer explain how coaching can dramatically accelerate your personal development, and help you achieve the success you're striving for.

The link is: <https://bit.ly/2LBmvY4>

To changing your life,

A handwritten signature in black ink, appearing to read 'Robert', with a stylized, flowing script.

Robert