

How to Wake Up Early and LOVE It

3 Min NLP Technique to Wake
up Whenever you want Easily

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FREE Audio & Video

About Mitesh Khatri

Mitesh Khatri is an internationally trusted Leadership Trainer, Behavior Transformation Expert and a Best Selling Author.

Mitesh has Transformed lives, Inspired Leadership & helped achieve Impossible Goals for over a 100,000 people in more than 100 organizations internationally since 2004.

When world's top organizations like The Royal Bank of Scotland, L'Oreal, Microsoft, IBM, MIT Institute, TATA, Birla, Reliance, HDFC, ICICI, Cap Gemini, Fujitsu, Ranbaxy, L&T InfoTech wanted to inspire leadership in their employees they call upon Mitesh Khatri. To learn more about him visit

www.miteshkhatri.com

<https://www.facebook.com/MiteshKhatriPage>

<https://www.youtube.com/miracles4all>

Welcome Gift

Hi my name is Mitesh Khatri, I want to thank you for purchasing my book.

As a token of appreciation here are 7 FREE Gifts Worth \$500 for you:

- 1.FREE 5 Audio Lessons from my book “The Law of Attraction”
- 2.FREE eBook on Managing Relationships At Work
- 3.FREE eBook on Making Decisions Right
- 4.FREE Video on Emotional Intelligence
- 5.FREE Video on Leadership Skills
- 6.FREE Video on Making Decisions Right
- 7.FREE 1st Chapter of my National Bestseller Book “AWAKEN THE LEADER IN YOU”

Just [sign up here](#) and you'll get instant access to your free gifts.

I want to personally promise you that this book can help you wake up early easily and happily and that too with a 3 mins technique only.

If you like this book please show your appreciation by leaving a positive review comment on Amazon here to help many more people to benefit from the law of attraction.

Just email me the link of your Amazon review at author@miteshkhatri.com and as a Thank You for your positive review I will send you two valuable gifts worth \$100

***1. Complete Audio Version of this book
absolutely FREE***

***2. Video Tutorial of the 3 min Anchoring
Technique absolutely FREE***

My Own Story

He had practiced skating for hours to win the state level skating competition. His coach and all his friends including his competitors were confident that he will definitely be the winner due to his track record.

It was the day of the race, he was on the track feeling like a winner, he heard the bell to start the race and realized that he could not move, his skates were stuck. He panicked and was about to shout when the alarm bell rang again...and he woke up with a fright!

He realized he was dreaming, he looked at the watch next to him and panicked again. Because he realized that he had woken up so late that the time of race had gone past an hour.

How could he do this, how could he keep sleeping on such an important day!

He just sat in his bed shocked and cursing himself for once again being caught up in his sleep. He had lost many such things in his life because he could not wake up early in the mornings.

All those memories rushed to his mind when he had got late due to his sleeping problem.

- Reaching late most of the time to office
- Missing important meetings
- Missing important events
- Disappointing his closest relationships
- Missed flights or catching them last minute
- Missed his Gym most of the time

He had convinced himself time and again that he won't repeat the mistake of getting up late and yet

he was unable to take control of himself when he was sleeping.

He was feeling like a loser and totally frustrated with his inability to wake up early by choice. After all how can one change such an old and strong habit? Was there any hope for him?

Yes there is Hope! Not only did he learn the science to control his mind and wake up easily, now he even teaches people how to wake up early with just a 3 minute technique.

Probably you have guessed it by now that this is my own personal story.

Yes! This is truly my own story without any generalization, I have really struggled to wake up early for years and lost a lot in my life due to this problem.

When I was in search of a solution I realized that I am not alone. Almost every other person seems to be struggling with this problem. So when I did find the solution I promised myself that I will share this solution with as many people as I can.

Till date I have helped thousands of people to use this 3 min technique to wake up early at any time of their choice and LOVE it too.

The best part is that it takes just 3 mins and you are set for your first success in the morning, ***success to wake up by your choice easily and happily.***

But most people wake up with a failure in the morning, the failure to wake up by choice, feeling lazy and unwilling to wake up.

Think about it: What are the first feelings and thoughts most people wake up with every morning?

- Sleepy

- Lack of Energy
- Irritated and unwilling to wake up
- Anger when people insist on waking them up
- Thinking why do I have to wake up?
- Can I not sleep some more?

Even though at night they tell themselves, tomorrow I will wake up early and still most people fail most mornings starting the day with failure.

But not anymore, what you are about to learn will not only help you wake up early but also help you to wake up with feelings like:

- Happiness
- Excitement
- Willingness
- Gratitude
- And feeling Positive

Yes this is possible but first we must understand why we have no control over something as simple as waking up? The answer is in the next chapter...

Anchors – The Remote Control to our Mind

In order for you to take control of your sleep and wake up early, you must first understand and take control of the remote control of your mind which is called as – Anchors!

Anchors are programs which can trigger a specific behavior in us

Here is a metaphor to help you understand Anchors. A TV remote has several buttons programmed which are set to trigger specific channels, these buttons are Anchors programmed to trigger specific channels.

Once the remote is in your hands the TV has no choice but to play the channel that you trigger using the anchors (buttons) on the remote.

Consider our brain is like a TV machine which can be controlled by certain programmed anchors (buttons). Once somebody has control of these anchors they can use it to trigger a specific behavior in you and you have no choice but to behave as per the programmed anchor.

Sounds impossible! Let me give you some examples of how we all are already being controlled by such anchors:

- **Songs** – Certain songs trigger certain emotions and behaviors in us
- **Memories** – Certain memories can make us sad or happy automatically
- **Tone** – Certain tone can trigger anger, fear or even inspiration in us

- **Words** – Certain words can trigger motivation in us while some can trigger demotivation
- **Expressions** – Certain expressions of people can trigger a smile or frown on our face
- **Touch** – Certain touch on a certain place can trigger specific kind of emotions in us
- **Places** – Certain places can trigger emotions like fear, happiness or even sadness in us

Once again I want you to remember the definition of an anchor...

Anchors are programs which can trigger a specific behavior in us

Certain songs, memories, tone, words, expressions, touch or places are programmed to trigger specific behaviors in us. Once these anchors are triggered we have no choice but to react to them.

For example some people feel sleepy the moment they sit in a flight, while some people are programmed to feel excited the moment they get into a flight.

I am sure you have experienced feeling panic without any choice in presence of a particular person like your teacher, boss or client. Similarly I am sure you have also experienced feeling secured and supported in presence of certain other people.

These are anchors that you are unconscious of and thus you wonder why you have no control over your behavior in presence of certain people.

There are 2 kind of anchors:

1. Unconsciously programmed anchors and
2. Consciously programmed anchors

These can be positive or negative anchors which means they can trigger a positive or a negative behavior in us.

But why am I explaining about anchors to you?
Because you needed to understand that unconsciously you are anchored (programed) to wake up late.

Unless you change this anchor you won't be able to wake up early by choice because the anchor is controlling your morning behavior.

Anyone who has full understanding of how anchors work can take full control over their emotions and behaviors.

If you are interested in learning about anchors more in depth then you can refer to my book called **Emotional Intelligence** which you can find on kindle.

For now I will share a 3 minute anchoring technique with you which will help you consciously program yourself to wake up early every morning and that too with positive emotions of your choice.

The best part is that just like you can schedule to trigger an alarm in your watch for anytime, now you will be also able to schedule to trigger your anchor to wake you up at any time easily.

Which means you can anchor yourself to get up at 7am tomorrow morning and even change your anchor to wake up at 5am on another day.

Whatever time you want to wake up, you will now have the power to wake up with absolute 100% certainty.

At the end of the book I will show you how to get access to a **FREE Video Tutorial** where I will personally walk you through this 3 minute technique.

3 Min Wake up Anchor

OK so are you excited to learn how to create a wake up anchor? I bet you are, or you wouldn't be reading till this point right!

Just remember this, follow every single instruction of this technique to every small detail to experience 100% guaranteed results.

First and the most important instruction is to use this technique, last thing before you sleep at night.

After you use this technique and program the wake up anchor just go to sleep, don't engage in any other activities after using this technique at night.

There are 3 simple steps which you must repeat 3 times to program your wake up anchor before you sleep at night:

1. **Set the Anchor** – Set an alarm in your mobile or watch (whatever you use as an alarm) for one minute away. So if its 10pm then you set the alarm for 10:01pm.

2. Program the Anchor – Close your eyes and tell yourself loudly that “In the morning when this alarm rings at 6am I will automatically wake up feeling excited, happy and grateful for a beautiful morning” Now close your eyes and wait for the alarm to ring at 10:01pm

3. Program the Anchor – In order to program your wake up anchor when the alarm rings after one minute, physically wake up with a big smile on your face by saying *“YES! I love getting up early by choice every morning, thank you God for everything I have!”* and then with full energy go straight towards your bathroom.

Once you reach the bathroom come back and repeat all the steps 2 more times. So in total you need to do the above steps 3 times.

So technically if your first alarm is for 10:01pm then you will set another alarm for 10:02pm, sleep telling yourself step #2 and when the alarm rings do exactly as mentioned in step #3.

Quickly come back to your bed set the alarm for 10:03pm and then repeat all the steps one last time.

At the end just go to sleep and I promise you the anchor is programmed, it will wake you up exactly at the time for which you have programmed it.

When I discovered this technique for the first time I didn't use it for a long time because I was fooled by its simplicity.

But once I used it I saw positive results every single time I used it. And when I taught this technique to my friends, colleagues I saw it working with every single person all the time.

So use this technique, it will definitely give you the ability to wake up early every morning by choice and LOVE it too.

For a better understanding of this technique you can also watch my video demonstration to learn with me personally.

In case you find any difficulty or have any questions or you would like to share your results with me, please feel free to email me on

Author@MiteshKhatri.com

FREE Audio & Video

I have so much confidence in this 3 minute anchoring technique that I am sure you have already got positive results from using it.

I am sure you were able to wake up early as per your choice feeling happy, excited and grateful to start a beautiful day.

If I am right and you have already got results by using the 3 min technique then please help me spread it this technique to many more by posting a positive review [here on Amazon](#)

Your positive review can help many others to take the decision of accessing this book and to use the 3 min technique to take control of their mornings. And it is very rewarding for me as an author to receive

positive review from my readers. So please do take a few mins to share your review [here on Amazon](#)

Just email me the link of your Amazon review at author@miteshkhatri.com and as a Thank You for your positive review I will send you two valuable gifts worth \$100:

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