

EARLY BIRD VS NIGHT OWL

EARLY BIRD

1. More confident - get more done earlier
2. More likely to follow your morning ritual
3. Creates compounded interest = piggybacking habits
4. Less time in front of screens
5. Focus is easier when it's quiet
6. Flow comes easier, too = opportunity
7. Morning ritual becomes sacred

NIGHT OWL

1. 56% less likely to get fitness in during the day
2. Higher risk of developing chronic illness
3. Insulin response is impaired
4. More likely to be depressed
5. Less quality & less sleep = disrupted circadian rhythm
6. Health risks are higher even with 8 hours of sleep
7. More likely to snack, smoke, drink, & die younger!