

TLC Showcase

KATE OLIVER & TOBY OLIVER

Introduction to the manuscript	2
Extract from <i>Rise and Shine – How to transform your life, morning by morning</i>	4
About the Writers	9

Introduction to *Rise and Shine – How to transform your life, morning by morning*

Rise and Shine took shape after we accidentally ended up on a personal development workshop together. This was a slightly daunting prospect for a brother and sister, but we pushed through our initial awkwardness.

Shortly afterwards, we got talking about ideas we had for books we wanted to write to share our personal and professional experiences with others. It was at this point that we discovered how important our morning routines were to each of us. We discussed how they have helped us improve our mental health and navigate the many changes in our personal and professional lives. We also talked about how sharing our routines with them had helped many of our clients. And so, the idea for *Rise and Shine* was born.

Rise and Shine is based on the latest scientific research as well as age-old traditions, blended with the insights we've gathered from the more than five decades of professional experience we have between us.

We designed the S.H.I.N.E. method as a flexible way to help create a new and positive morning routine. It consists of five categories of practices we recommend for an uplifting and energising start to your day: Silence, Happiness, Intention, Nourishment and Exercise. In each section, we have curated six simple but powerful tools to help you to shine, sharing with you where they come from, why they work and how to use them.

Rise and Shine is our first book and our first time working together, and as brother and sister this wasn't without its challenges. But it was also a great experience. We learnt from each other and, through the process of collaboration, created something much better than either of us could have done on our own. The accountability we felt to each other helped keep us on track and we were able to re-motivate each other at points where one or other of our spirits dipped, as we navigated the lengthy process and the ups and downs of writing and publishing.

At the start of the process we were both completely new to the world of publishing. Such was our naivety that we wrote what we thought at the time was the whole book, before seeking guidance or assistance. Thank goodness for TLC's excellent manuscript assessment service. The feedback we received was insightful, encouraging and challenging (in the best way). And, it certainly helped us to re-work and enhance our first attempt into a proper first draft with which we secured a literary agent and landed a publishing deal with Piatkus.

Extract from *Rise and Shine – How to transform your life, morning by morning* by Kate Oliver & Toby Oliver

It's time to wake up!

Some people open their eyes and are full of enthusiasm for the day to come; others groan and yank the covers back over their heads. How does the day start for you? Do you rise and shine?

Your morning doesn't have to be ruled by:

- a rush of things to do before leaving the house
- a long, drawn-out series of distractions that stop you from getting up and on with your day
- worrying and feeling miserable about either yesterday or the day ahead

You can choose to start your day in a different way.

Your morning routine starts the moment you wake up, with your first thought of the day. It matters. A study by the Wharton School at the University of Pennsylvania and the Fisher College of Business at Ohio State University found that people who started the day in a bad mood finished the day in a bad – or even worse – mood, whereas those who started the day in a good mood often ended up even happier as the day went on. So, your morning mood lasts and often amplifies as you go through your day.

We know that numerous high achievers in all walks of life – from business and politics to the arts and sport – credit their morning routine as being instrumental to their success. In the words of Michelle Obama, 'We need to do a better job of putting ourselves higher on our own "to- do" list.'

We also know, both from our personal experience and from many years of working with hundreds of people, that having a consistent and constructive morning routine can reduce stress and anxiety, build resilience and make you happier and more productive.

Some of the key benefits from having a positive morning routine include:

- feeling calmer and more in control
- enjoying enhanced wellbeing
- experiencing higher energy levels
- finding a greater sense of meaning and purpose
- becoming more productive and achieving more

That's because the way you start your morning affects how you think, feel and act during the rest of the day. This, in turn, has a major impact on your overall wellbeing, mental health, energy and productivity.

Just as each moment shapes the next, each morning shapes the day.
It's simple: how you start your day is the way your day is going to be.

Is your current morning routine helping you?

Whether or not you realise it, you already have a morning routine: it's all those things you do every morning without fail, like groaning at your alarm, checking your phone, brushing your teeth, taking a shower, eating breakfast, catching up on the news or scanning social media.

Your routine will include many familiar things you got into the habit of doing years ago, perhaps in childhood, and you may never have stopped to question these habits as you've grown and your life has changed.

Some of them may be helpful; some of them, perhaps less so. Some are simply time-traps. It's amazing how often we get in our own way without even realising it, by getting caught in patterns of thinking, feeling and doing that have become invisible to us, even as they trip us up.

How did you start today?

We invite you to pause for a moment and reflect on how you started your morning today. Pay attention to what you did, what you were thinking and how you were feeling.

How about yesterday morning? And the day before that?

Some people find it helpful to close their eyes to do this. Others prefer to jot down on paper some notes about what they remember.

What patterns or habits do you notice? How conscious were you of these at the time? Were they helpful? How well did they set you up for the day ahead?

Chances are, many of the things you do each morning are so automatic that you barely notice they're happening, let alone think about doing them. They have become your morning habits and together they make up your 'accidental' morning routine.

Is this routine working for you? Or might it be holding you back or getting in your way, without you realising it? Could it be bringing you down instead of lifting you up? Is it allowing you to rise and shine?

If not, it's time to make a change.

The dawning of a new you

Have you ever wondered why sunsets and sunrises are the most photographed of natural scenes?

It's not simply because they are beautiful. They speak to us in a primal way. Before we had artificial lighting, our lives were ruled by the rising and setting of the sun.

Sunrise marks a transition: the moving from one state to another; the ending of one thing and the beginning of another. A new day and a new beginning. The dawning of a new day brings with it new possibilities, and a shift in gear from rest to action.

This is your opportunity to seize the day: to start as you mean to go on, and to make time for yourself, so you can feel and be at your best for the day ahead and all it brings. Consciously creating your morning can shape your entire day, and you can do it by simply doing a few small things differently when you first awake.

'A few years ago, I taught on a yoga retreat in Norway. It was a wonderful experience apart from one thing – it never got dark, because during the summer months the sun doesn't set. I found this so strange and really challenging. How was I to know the difference between day and night? I asked my friend and co- teacher how she coped. She explained that we still have the same twenty-four hours in a day during the long, dark winters and the endless summers. We get to choose how to spend them. We not only have the ability to do this – we have the responsibility to establish a rhythm for our own days. It slowly dawned on me that this was what my morning S.H.I.N.E. routine did for me. Realising this restored my sense of structure and balance. My day began when I wanted, and I could rise and shine, regardless of the season.' – Toby

Time for change

It's simple.

If you want your life to change, you either have to start doing things differently or start doing different things.

If you want your days to change, you need to get your mornings off to a new and positive start.

How this book works

In the rest of this chapter, we'll show you how to create space for your new morning S.H.I.N.E. routine. As you'll discover, it's not just easy – it's also enjoyable and highly effective.

In Chapters 3 to 7, you will find your S.H.I.N.E. toolkit, containing the 30 S.H.I.N.E. practices. All of them are easy to understand, quick to learn, practical and enjoyable to use.

For each practice, you'll learn what it is, why it works (including the latest scientific evidence) and get easy- to- follow guidance on how to do it. Plus, we share insights from our personal and professional experience of using the practices.

All the practices can be completed in ten minutes and under (and some in as little as sixty seconds), meaning they can make a difference to your day without getting in your way. We've tried them all ourselves, and also successfully shared them with many of our clients and students. We know they work.

In Chapter 8, we show you how to simply and easily build your new morning S.H.I.N.E. routine, and share a couple of sample routines to get you started.

In Chapter 9, you'll learn why a morning routine is even more important in times of change, challenge and uncertainty. We will teach you how to use the S.H.I.N.E. approach to create a balanced sense of wellbeing when life gets tough. This includes our suggestions of routines to help you with specific needs and challenges. For example, you'll learn what works best: when you've had a bad night's sleep; when you have a long, busy day ahead; when you are feeling overwhelmed; and much more.

Chapter 10 will help you to get started and keep going. You will learn how to form new habits and stay motivated. We give you our 'Ten Simple Steps to S.H.I.N.E.'.

Finally, in the Resources, we share a range of practical tools and tips to help you on your journey to S.H.I.N.E. This includes examples of our own personal S.H.I.N.E. routines, along with a blank planner you can use to create yours.

About the Writers

Kate Oliver

Kate has been working as a Chartered Psychologist and Executive Coach for nearly 30 years. She runs her own consulting business and has worked with thousands of leaders, in many leading UK and global organisations, helping them and their teams to develop the awareness, habits and practices that enable them to thrive.

She is also a volunteer interview coach and stylist with Smart Works, a UK charity that gives women the confidence they need to secure employment and reach their full potential.

Rise and Shine is her first book. She surprised herself with how much she enjoyed the process of writing it.



Toby Oliver

Toby began his career as a journalist before a stint working in communications in the arts and local government sectors.

He now works as a registered Therapist and a teacher of yoga and meditation. He supports people in health settings, corporate organisations as well as private practice. He specialises in helping people deal better with anxiety, serious or life-limiting illness, and to cope with grief or loss.

Toby is also a Director of musical theatre company, Mr Bugg Presents producers of the hit British musical 'Miss Nightingale'.

He has co-authored four professionally produced plays. *Rise and Shine* is his first book.

