



GLAD TO
BE HERE
WAKE UP
GUIDE

Glad To Be Here Wake Up Guide

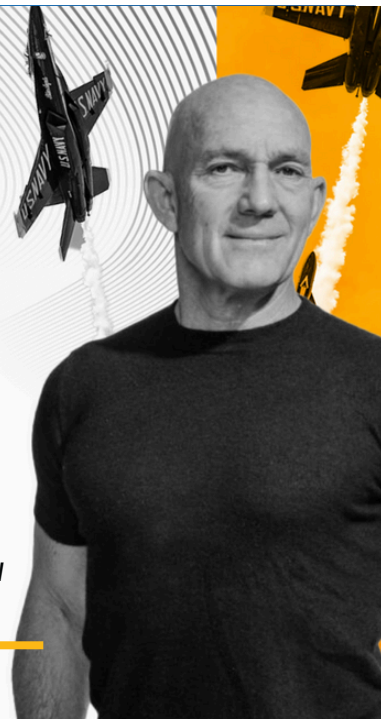
A simple daily habit to transform your mindset, your day, and your impact.

Hey everyone- Gucci here.

Let's talk about what really sets high performers apart, how they show up, and more importantly, how they start their day.

Whether I was flying 18 inches apart at 500 mph or speaking to some of the world's top-performing teams, I've learned one truth: **mindset matters most.**

This is my personal morning ritual—what I call the Glad To Be Here® Wakeup and it's how I train my brain every day to lead with focus, gratitude, and purpose.



HOW IT WORKS

1. Wake Up With Awareness

- Check your first conscious thought.
- Is it a problem to solve or an inbox to crush? Or is it a grateful breath? Just notice. That awareness is your first power move of the day.

2. Compartmentalize the Chaos

- If your mind jumps to stress, don't fight it—file it. Mentally say, "I'll get to that later." Then bring your focus back to gratitude.

3. Practice Gratitude in 3 Parts

- **Present:** What are you thankful for right now—health, home, the fact you woke up?
- **Past 24 Hours:** Recall one joyful, real moment. A smile, a laugh, a connection.
- **Future:** Who are you thinking about today? How can you serve or lift them

WHY IT MATTERS

- Shifts you from reaction to intention
- Builds emotional agility and presence
- Creates energy that others can feel, and trust
- Strengthens culture, communication, and connection, at home and at work

This Isn't Just a Routine. It's a Mission.

I've seen teams use this to transform how they connect, how they debrief, and how they lead. And I believe it starts with one moment, every morning, before your feet even hit the floor.

Try it tomorrow. And the next day. Stick with it for 40 days.

You'll start showing up different. And the people around you will feel it.

Glad To Be Here,
Gucci