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SIMPLE SECRETS OF THE SUPER SUCCESSFUL

DOUG CARTWRIGHT



The Daily Shifts
Meet your highest self.

Dear Friend,

Not too long ago, I was really depressed. I was even experiencing suicidal thoughts.

The moment I began focusing on myself and looking at my **INNER** world, my **OUTER** world began to change.

Happiness is an **INTERNAL** state of being that we all can find regardless of the chaos that happens in our **EXTERNAL** world.

If you're reading this, you're in exactly the right place.

These 5 hacks you are about to discover are so simple that you can implement them **TODAY**.

They will create a ripple effect of more balance, presence, and calm.

Ready to shift? Let's go...

“

WHEN THINGS CHANGE INSIDE YOU,
THINGS CHANGE AROUND YOU.
HAPPINESS IS AN INSIDE JOB.

— SYLVIA BOORSTEIN

SIMPLE SECRET

1

UNFOLLOW NEGATIVITY

Complete a “digital detox” on your social media accounts: Unfollow anything that triggers a negative emotion.



“

TRUST ME WHEN I SAY, SOMEONE WHO MAKES YOU QUESTION IF YOU ARE WORTHY OF BEING LOVED IS NOT WORTHY OF BEING LOVED BY YOU.”

— BIANCA SPARACINO

Our inner world dictates our outer world.

In the last 5 years, I have unfollowed over 2,000 people on social media. I don't care if we went to summer camp together when we were kids... I don't care if we went to high school together... If you post something negative — **BOOM** — unfollowed. No shame.

Negativity will trigger trauma, fear, and a feeling that we aren't good enough. We really underestimate the effect of negativity on our brains, yet many of us feel too guilty to unfollow. Social media filters have become apart of the way we see ourselves and others. We choose to torture ourselves daily by comparing and contrasting our bodies, relationships, and lives to the “highlight reels” of strangers.

So make an intentional choice to put your mental health **FIRST**. If a post stirs a negative emotion inside you, ask yourself “Is following this account worth my happiness?”

Unfollow anything that doesn't nourish your mindset, and be unapologetic about it too.

Put the phone down and pick up your life.

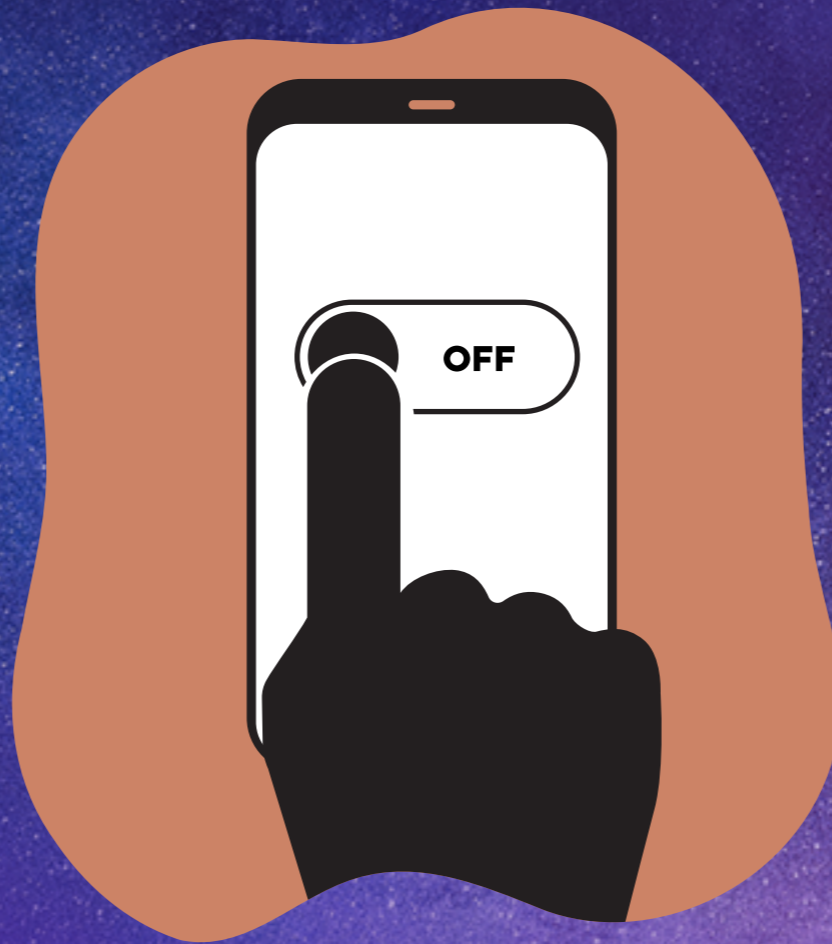
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SIMPLE SECRET

2

TURN OFF NOTIFICATIONS

Pretend you have a flip phone: Keep your iPhone notifications simple, just calls, texts, and voicemail.



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LOOK CLOSELY AT THE PRESENT YOU ARE CONTROLLING. IT SHOULD LOOK LIKE THE FUTURE YOU ARE DREAMING.”

— ALICE WALKER

Take charge of what you give attention to and you take charge of your life.

Choose the old school notifications — all you really need is your calls, texts, and voicemails.

About 2 years ago I actually disabled all of my notifications on my phone from social media, news, and other apps. That way my phone wasn't constantly blowing up with Instagram likes, Twitter notifications, and Facebook invites.

This really allowed me to be more present and get more meaningful work done. I was able to focus on creative endeavors like The Daily Shifts and my new sense of presence came with less disruption and anxiety.

How often are you in the middle of something and your phone buzzes because Nancy from high school invited you to join her new MLM? You don't need that, and Nancy will be just fine.

I challenge you to turn off all social media notifications and notice how much more present you are in everything you're doing.

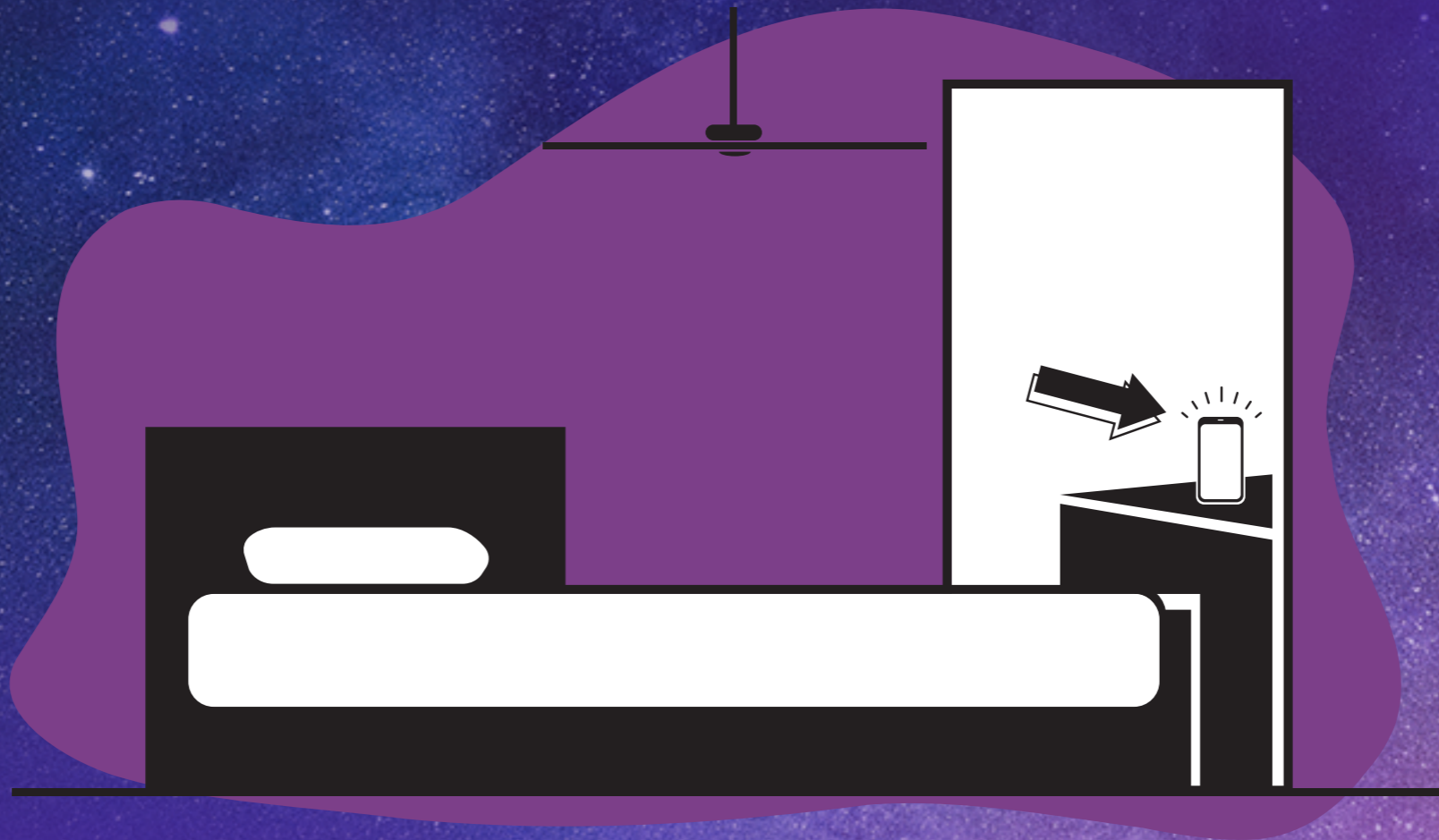
Wherever you are — be all there.

SIMPLE SECRET

3

NO PHONES IN BED

Invest in rest: Sleeping without your phone will improve your sleep quality and mental health.



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WHEN IT GETS DARK, YOUR PINEAL GLAND SECRETES THE HORMONE MELATONIN, WHICH TELLS YOUR BODY TO GET TIRED AND GO TO SLEEP. BLUE LIGHT, WHETHER FROM THE SUN OR A LAPTOP, IS VERY EFFECTIVE AT INHIBITING MELATONIN PRODUCTION — THUS REDUCING BOTH THE QUANTITY AND QUALITY OF YOUR SLEEP.

— SOURCE, PUBMED

Are you struggling with restless sleep? Chances are your phone is the culprit.

A year ago I started charging my phone in my kitchen instead of my bedroom. This small hack made a world of difference. Since doing this, I enjoy deeper sleep and wake up less stressed. I no longer fall asleep by mindlessly scrolling through news and shopping feeds.

I've trained my body that when I get in bed, it's time to **SLEEP... not to SCROLL.**

Think about when you wake up in the middle of the night — do you lean over and immediately check your phone?

The blue light emitting from our screens stimulates our brain and disturbs our circadian rhythm (the body's regulatory process for sleep). This results in losing our “deep” sleep, and entering a light, easily disruptive sleep, which in turn often results in waking up disgruntled and tired.

Is that Reddit thread from last night **REALLY** worth feeling moody and lackluster for the rest of the day?

If you're thinking while you're reading this, “but I use my phone for my alarm clock!” here's what to do: **Buy an alarm clock — they only cost \$10.**

SIMPLE SECRET

4

PRACTICE GRATITUDE

Gratitude Prompt: Write down a person, an experience, and a random object you are grateful for.



“

WHEN YOU FOCUS ON THE GOOD,
THE GOOD GETS BETTER.”

— ABRAHAM HICKS

When we practice gratitude everything feels better.

Gratitude shifts our mood from *“I’ll be happy when...”* to *“I am happy now.”*

The biggest myth regarding gratitude is that to practice thankfulness we have to conjure up huge grateful moments from our life. That is not how daily gratitude works.

Be grateful for the little things like no line at the coffee shop or a compliment you received from someone at work.

If you’re questioning the influence of gratitude on your happiness, take a look at neuroscience studies. We’ve learned that gratitude activates the main areas of your brain responsible for regulating emotions.

If you’re having trouble feeling grateful, just start with gratitude for the things in your life that would be **ANNOYING** if you didn’t have them... your phone charger, water pressure, toothpaste, a strong WIFI connection... whatever.

Practice gratitude daily and feel happy NOW.

SIMPLE SECRET

5

DRINK A LOT MORE WATER

Stay annoyingly hydrated.



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WHEN PEOPLE ARE MILDLY DEHYDRATED THEY REALLY DON'T DO AS WELL ON TASKS THAT REQUIRE COMPLEX PROCESSING OR ON TASKS THAT REQUIRE A LOT OF THEIR ATTENTION.”

— MINDY MILLARD-STAFFORD

Director of the Exercise Physiology Laboratory at Georgia Institute of Technology

Feeling off your mental game? You're probably dehydrated.

It's proven by science: even mild dehydration can have negative effects on your cognitive performance and mood.

When we're hydrated we think more clearly, have more energy, our cravings decrease, and toxins flush out of our body.

Water is the most vital thing we consume as human beings. can go without food for about three weeks but would typically only last three to four days without water.

So if you want to feel happier and more energized, stay **ANNOYINGLY** hydrated. Get a reusable water bottle, constantly keep it filled, and drink at least 100oz per day.

Here's a helpful guide —100 oz of water is:

- 8 typical glasses (8oz each)
- 6 typical water bottles (16oz each)
- 3 Yeti® or Hyrdo Flask® tumblers (32oz each)

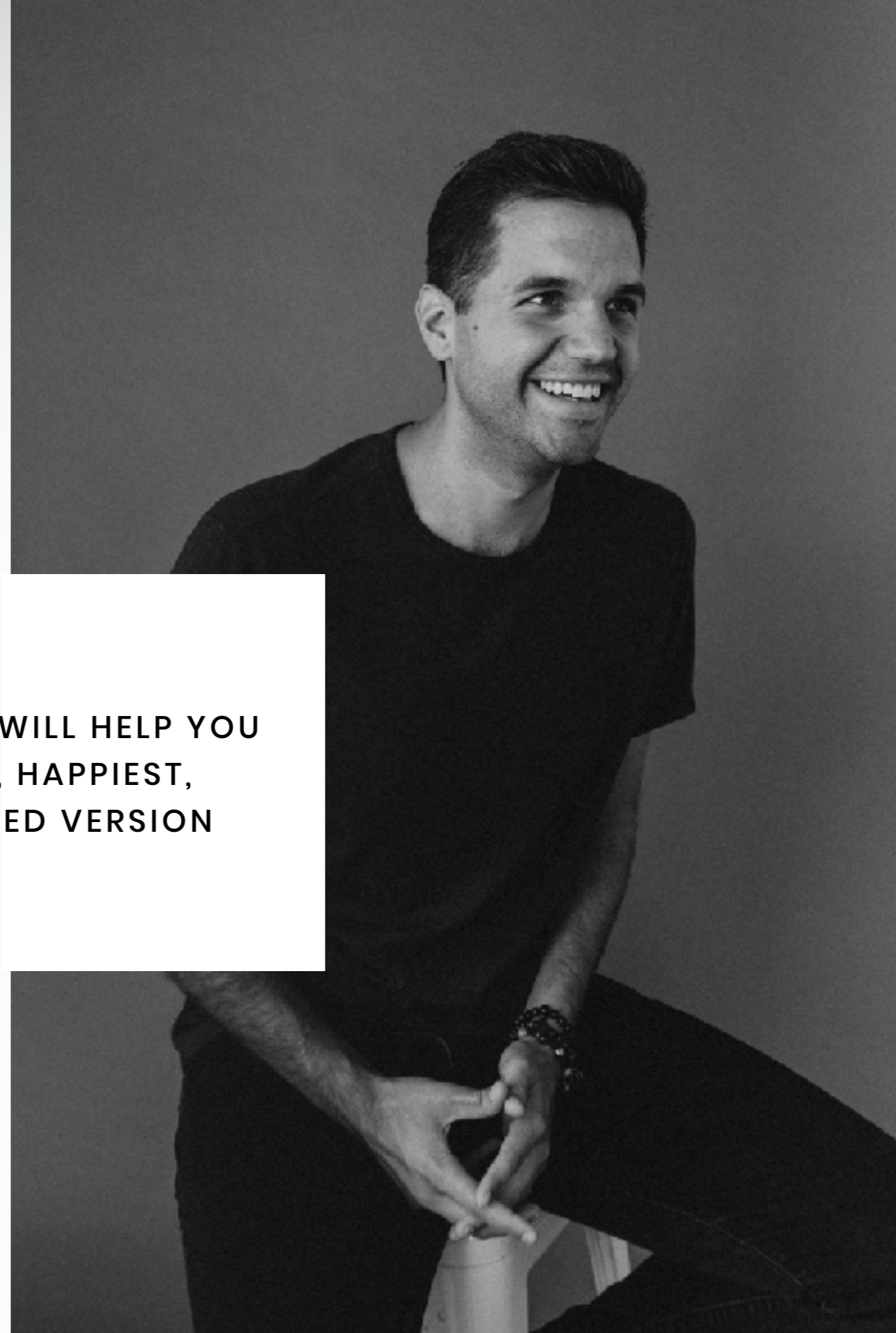
Here's my opinion: Proper hydration works better for me than the caffeine kick from coffee

MEET DOUG CARTWRIGHT

Founder of The Daily Shifts

“

THE DAILY SHIFTS WILL HELP YOU
BECOME THE BEST, HAPPIEST,
AND MOST FULFILLED VERSION
OF YOURSELF.”



Psychology Today

Spotlight On Daily Shift's Founder, Doug Cartwright.

Doug Cartwright is a 30-year-old entrepreneur and spiritual teacher. Rewind five years ago and he was grinding away, selling home automation. At 25, he was making a lot of money and spending it all.

The problem was: he wasn't happy.

The advice he got from his mentors was to make more money. If you've made \$1 million dollars the past few years, then make it your goal to make \$2 million.

The advice made some sense to Doug, but he wasn't necessarily inspired by those giving him the advice. Several of his millionaire mentors seemed incredibly anxious and uptight, most of the time.

This concerned Doug, but also led him to ask some questions.

It couldn't be more money that was going to solve his problems. So he started studying spirituality and self-improvement. And ultimately, had his world flipped upside down.

Over the past few years, Doug has read many books and delved into his own spirituality, trauma, and story. He's changed his life, environment, and focus.

Through his transformation, Doug became concerned that he didn't see any tools or resources for "beginners"—people who were just getting started on their spiritual path.

He ultimately ended up creating a company, The Daily Shifts, to provide a way for people to experience what it feels like to be "fully alive."

IF YOU'RE GOING THROUGH A **ROUGH PATCH, HEALING FROM TRAUMA, GRIEVING,** TRYING TO FIND YOUR PURPOSE, OR JUST TRYING TO **FIND A CONNECTION,** THERE'S A LOT MORE TO DISCOVER AT **THE DAILY SHIFTS.COM**

Ready to take care of your soul? Try The Daily Shifts app for free.



Ready to have your best week ever? Push your self to new heights with our Best Week Ever challenge.

thedailyshifts.com/challenge

Finally ready to make a big change? Find your true purpose and learn to love yourself as you navigate big life changes.

thedailyshifts.com/shift-my-life