

## Toastmasters in the A.M. – My favorite elixir.

# In Celebration of Morning Clubs

PEOPLE MARVEL WHEN I TELL THEM about my 7 a.m. Toastmasters meeting. Especially when they learn we serve no food or drink. Yet the meeting itself gives me all the sustenance I need for the rest of the day – even the rest of the week. Best yet, it's healthy for body, mind and spirit.

Many people have difficulty awakening early and attending a Toastmasters meeting before beginning their workday. Whether as a result of staying up late the night before, driving kids to school, a long commute or just feeling tired in the morning, strangers shudder when I suggest they visit our 7 a.m. meeting. I too felt that way when I first learned of my morning club. But that all changed once I attended.

### Energize Your Day

You would think that getting up an hour earlier once a week would make me more tired, yet after participating in my club's one-hour meeting I hit the street energized. I feel a perceivable advantage over my sleepy-eyed colleagues when I arrive at my job. After all, I've already given a speech, listened, laughed and otherwise participated at my club's meeting.

### The Nourishing Power of Laughter

Experiencing fun, frolic and spontaneity in my club gives me an endorphin high. I relax and revel in the humor that derives from Table Topics, various funny asides and the unexpected that always occurs in our club. Best yet, the laughter is contagious. When others laugh, I do too. Dr. Smedley long



ago identified that we learn best during times of enjoyment.

### Meetings: A Pulse-Pumping Experience

Some people drink coffee in the morning to feel awake. I find attendance at my morning club increases my heart rate naturally. The excitement of giving a speech or evaluation, participating in Table Topics and dealing with the unexpected all get my blood flowing. When the meeting's finished, I'm "pumped" and ready to take on the world. Meetings give me energy, confidence and a desire to infectiously spread my enthusiasm.


### Success at Sun-up (or Earlier)

There's something powerful about starting your day with success. After participating in my Toastmasters meeting each week, I have tasted success. The speech well-delivered, the Table Topic handled with aplomb, the evaluation delivered cogently and confidently, the joke of the day delivered with élan – each bolsters me and sends me on

my way with satisfaction and a feeling of accomplishment.

### A.M. TM Lasts into the P.M.

You'd think that on mornings I awake early for Toastmasters I'd be dragging by day's end. Yet the opposite is true. On days I attend my morning club, I have energy to burn the rest of the day. The concentrated nourishment I receive in my one-hour club meeting carries me through to the wee hours that night. It's like having a fifth gear... an overdrive to access the rest of the day.

So don't mourn the loss of sleep in the morning, affirm the vitality that awaits you at your morning club. Mother was right, breakfast is the most important meal of the day. Nourish yourself with a morning club and you'll find that Toast(masters) in the morning translates into vitality all day. Try it; you'll like 

Professional Speaker **Craig Harrison's** Lakeview Club 2767 in Oakland, California, meets at 7 a.m. on Thursday mornings. Visit [www.ExpressionsOfExcellence.com](http://www.ExpressionsOfExcellence.com) for more insights from Craig.