

THE MORNING ROUTINE TO SUPERCHARGE ANY DAY

12 Things to do every morning to create the life you want.

1

Quality Sleep

Enables clarity, focus and a stronger immune system

2

Rise Early

Mornings are our most focussed and productive time

3

Hydrate

Optimises brain performance and reduces fatigue

4

Stretch

Unblock trapped energy, enabling you to feel vitality

5

Write

Your brain has clarified things overnight so write them down

6

Think Positively

Use the thoughts that serve you today and ignore the rest

7

Meditate

Brings clarity, reduces stress and increases performance

8

Eat Healthy

Feel strong and vital and reduce energy slumps later

9

Exercise

Clears your mind, enables flow and increase energy later in the day

10

Loved Ones

Gives emotional energy, purpose and builds resilience

11

Design your Day

Allows you to feel on control, reduces stress and saves you time!

12

Get a Win

Give you unstoppable momentum for a great day ahead!

BONUS

Bonus 1: Cold Shower

Boosts recovery, increases alertness and strengthens immunity and circulation

Bonus 2: Avoid Screens

Trains your brain to focus and reduces tendency to be distracted

Bonus 3: Avoid Email

The biggest distraction to which we react. Avoid email until after your first big win to supercharge your productivity