



## MORNING RITUAL

Wake up time: \_\_\_\_\_

The goal of the morning ritual is to engage your body and mind in a positive manner. You will connect to your purpose, cultivate your optimism and positivity, and ensure that your next actions of the day move the dial toward your goals. We want to energize your physiology and psychology for optimal performance!

**Step 1:** Drink a large glass of water, then sitting comfortably with your journal, and ask yourself these empowering questions:

- What and whom am I grateful for today? (Write down what comes up. Cultivate an attitude of gratitude!)
- What am I excited about and looking forward to doing today?
- What is my purpose and do my plans for today connect me to it?
- What can I do to move the dial toward my purpose goals today?
- Who can I reach out to and serve, or thank, today?

**Step 2:** Morning Practice. Set up your space and settle into your morning practice.

- Breath control practice – 5 minutes
- Warrior yoga 10 – 45 minutes (can substitute Qi Gong, a light workout, or a brisk walk here)
- From resting pose after your movement conduct a short breath awareness meditation (5 minutes)
- Visualization or guided visualization (ie: still water or mind gym) 5 minutes
- Shower up and get ready for your day
- Drink another glass of fresh water, and eat a healthy paleo breakfast

**Step 3:** Before you leave for work, review your Unbeatable Mind Focus Plan and daily schedule. Make any adjustments and block time for key project work and your physical training. When you get to your place of work, start performing and don't let others take you off task, off focus or off purpose. Use your presence practices to stay focused and energized throughout the day. Avoid food and drink that steals your energy (junk food, candy, excessive coffee, rock stars, 5 hour energy, etc.)

**PRIORITY TASKS** (must complete today)

**PROJECTS** (work on one step at a minimum today)

**CONNECTIONS** (call / email people I need to connect with to offer help, or b/c I need something)

**IDEAS** (any ideas that came up during morning practice)