

A.M. Routine

Non-negotiables for the next 30 days

Wake Up

Wake up at 4-5 am daily to change your life. It is not because you will achieve everything but doing this but more like a starting step towards it.

Meditate

Spend 10-15 minutes meditating.

Exercise

Do moderate exercise for 45-90 minutes a day.

Learn

Dedicate 90 minutes to intellectual growth or reading something that will increase your knowledge.

Why these four steps?

Willpower

Doing more of what you don't like will grow your willpower

Pride

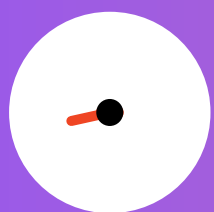
I always say doing the hard things will make you proud of yourself

Best Time

You are in a very critical mind state after waking up early so use it wisely

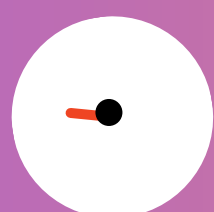
Consistency

Be consistent with these until they become as easy as brushing your teeth.



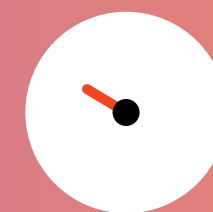
4-5 a.m.

Wake up and get done with your meditation.



5-7 a.m.

Workout without distractions.



7-9 a.m.

Get your 90 minutes work done.

Tick off every circle for each day

