

CONTROL YOUR MORNING

MORNING ROUTINE SCHEDULER

THE WAKE-UP

Get energized and ready (*i.e. shower, coffee, workout*)

DAILY REFUEL

Read a book or listen to a podcast that is directly related to your goals, something that **inspires**, **teaches**, and **motivates**

DAILY REFLECTION

Meditation, prayer, journaling - allowing **YOUR** voice to come to the surface.

DAILY ROADMAP

Write out the 3 things you **MUST** accomplish today to move forward on your goals.
*Attack these **FIRST**.*