



MORNING ROUTINE BLUEPRINT

Win the First Hour. Win the Day.

What you do in the first 60 minutes determines the next 23 hours.

1

THE 60-MIN POWER MORNING

- ◆ 0:00-0:10 — Water + movement: 16oz water, 5-min walk or stretch
- ◆ 0:10-0:20 — Mindset reset: gratitude journaling or 10-min meditation
- ◆ 0:20-0:35 — Input block: read/learn (no social media, no news yet)
- ◆ 0:35-0:50 — Priority work: tackle your #1 most important task first
- ◆ 0:50-1:00 — Fuel: protein-rich breakfast before checking email/phone

2

WHAT TO AVOID IN HOUR 1

- ◆ NO phone check first thing — puts you in reactive mode instantly
- ◆ NO social media — starts day with comparison and distraction
- ◆ NO email before your own priorities are clear — you'll work on other people's priorities all day
- ◆ NO news (unless your job requires it) — anxiety disrupts productivity
- ◆ NO snooze button — each snooze cycle restarts incomplete sleep cycles, makes you groggy

3

CUSTOMIZE YOUR ROUTINE

- ◆ Night owl? Push start time later — consistency matters
- ◆ Parent? 15-min version: 5-min gratitude + 10-min focus
- ◆ Anxious type: Add 5-min breathwork (4-7-8 breathing)
- ◆ Creative type: First 10 min = draw/write without structure
- ◆ Athlete: Move FIRST. Physical activation makes everything else easier

PRO TIP: Don't design your morning in the morning. Design it the night before. Lay out your clothes, journal, book, and water bottle the night before. Remove friction.