

Master the Morning

Get up. Make bed (3 min)

- Start the day with an immediate sense of accomplishment

Drink a full glass of water. Take supplements. (5 min)

- Rehydrate from overnight and take any supplements

Breathing Technique (2-7 min)

- Do some sort of breathing technique to increase oxygen and blood flow
- Box breathing (2 min) or The Breath by Joe Dispenza (7 min)

Meditation (3-? min)

- Do some sort of meditation, even if just for a few minutes. It's all about being aware, present, and focusing thoughts. Try the Headspace App for beginners. Start with 3 min.

Power Stance (2 min)

- Stand with your hands on hips and puffed chest while slightly looking up. Think power, excellence, and strength. This is proven to boost testosterone and metabolism.

Workout (1-? min)

- If you workout in the morning great...if not just do something real quick, 20 jumping jacks or sprint in place to get the body moving. Only takes a minute to get it done!

Normal morning rituals (? min)

- Brush teeth, do hair, get ready...whatever it is you do in the morning.

Tea, coffee, and journal (10 min)

- Make your coffee or tea and then sit down and take a few minutes to write a few things on paper. Just jot a few thoughts down...can literally be anything.
- **Ex.** I woke up a little late this morning, need to get back on track. I can't wait to trade

today! I feel I am so close to really getting it! I can already feel how this will change everything for me and my family!

To ask list (10 min)

- Ask for what you want. If God, the Universe, or Source Energy does not know what you want then how can it give it you. Ask, and it is given. You ask, you shall receive.
- Be detailed. If it's a car you want..describe it. If it's for someone else describe how great it would be for them to have it. The more detail, the better. If you want a brand new house describe it down to the flooring, the sink, the toilet. You get the picture..
- You can ask for the same thing everyday or extrapolate on what you asked for previously. It is completely up to you.

To do list (3-5 min)

- Make a quick "to do" list. Just a 3-4 things personally and professionally you really want to get completed today. Even if you don't, it definitely helps make you aware of what you want to get done.

To feel list (3 min)

- Write down a positive emotion you want to feel today, just to make you aware of it. If you are aware of how you want to feel, you will go out of the way to achieve it.
- **Ex.** I want to feel gratitude, love, awe...whatever it is you want to feel for the day.

To be list (3 min)

- What do you want to be today? Do you want to be a great friend, a great father, a loving husband or wife? Do you want to be a great trader, a master trader? Write it down!!!

"Master The Morning" takes about 45 minutes to an hour each morning besides your personal routines. I am not going to pretend I get to every single one of these every single day, but I do have it in front of me to hold me accountable every morning.

Hope you enjoy it, feel free to take what you want from it and make it your own.

~BT \$tew