

MORNING SUCCESS ROUTINE

Discipline Equals Freedom

Week Starting: _____ Focus: _____

TIME	HABIT / ACTIVITY	MTWTFSS
06:00 AM	Wake Up & Hydrate (20oz Water)	
06:15 AM	Mindfulness / Meditation (10 Mins)	
06:30 AM	Physical Movement / Stretching	
07:00 AM	Deep Work Session (Top Priority Task)	
08:30 AM	Nutritious Breakfast & Review Schedule	

Weekly Reflections / Wins