

# 5, 5, 20+1 MORNING ROUTINE

## List 5 *Gratitudes*:

Be sure to look at the smallest of things from a good night of sleep, a cold glass of water or a warm bed. Be cautious not to repeat the same things every day as we're building your gratitude muscles.

1.

2.

3.

4.

5.

## List 5 *Goals*:

Remember, these goals are about crafting a day in the life of the person you aspire to be. This is not a to-do list this is a to-be list.

1.

2.

3.

4.

5.

## Next, Complete 20 *Reps*:

Physical exercise is a critical cornerstone in establishing peak state. Push-ups, squats, lunges, are all ways to awaken the body and the mind. Choose an exercise and complete 20 reps or as many as you can do.

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NAME OF THIS MONTH'S EXERCISE

## Each Day for Thirty Days, *Add 1 Rep* to Your Routine:

Gradually then suddenly...this is how transformation occurs. By adding just one more repetition, each day will begin with an accomplishment. As you approach your newly expanded capacity and begin to feel the constraints of limitation, remember that you always have one more rep inside of you.



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