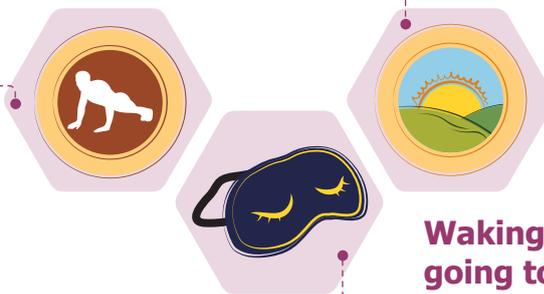


# LIFESTYLE ROADMAP | OPTIMUM MORNING ROUTINE FOR OPTIMUM LIVING

## 1. WAKE AT SUNRISE & PRACTICE PUSH-UPS

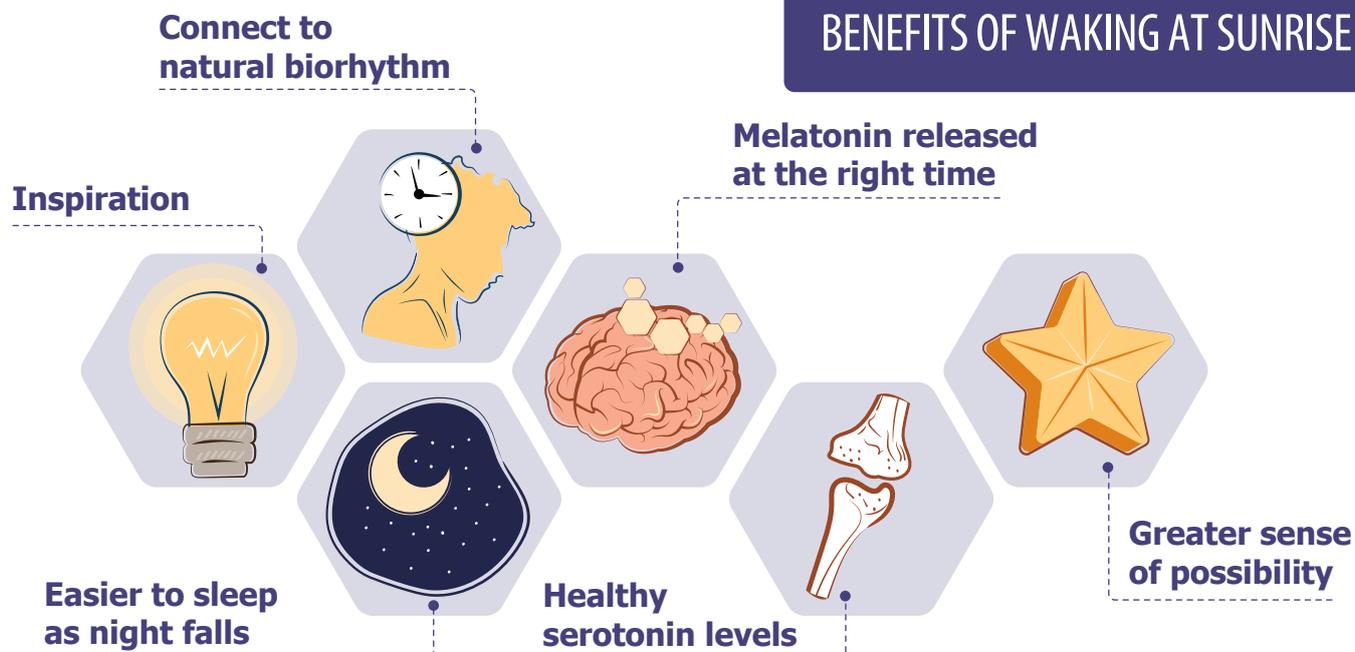
If you can't do 50 push-ups yet, start with one and increase by one every-other-day



Wake up as close to sunrise each day and work your way to doing 50 push-ups

Waking up earlier requires going to bed earlier

## BENEFITS OF WAKING AT SUNRISE



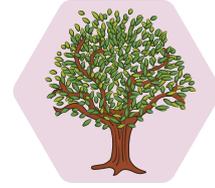
## HOW TO GET UP EARLY

- Next time you want to hit the snooze button, stop and count backwards from five -5,4,3,2,1 -then get up!
- Consider starting your day with a warm shower or hot tea – it's a lot easier to get out of bed when you know warm water is coming next.
- You must go to bed earlier to wake up earlier

# LIFESTYLE ROADMAP | OPTIMUM MORNING ROUTINE FOR OPTIMUM LIVING

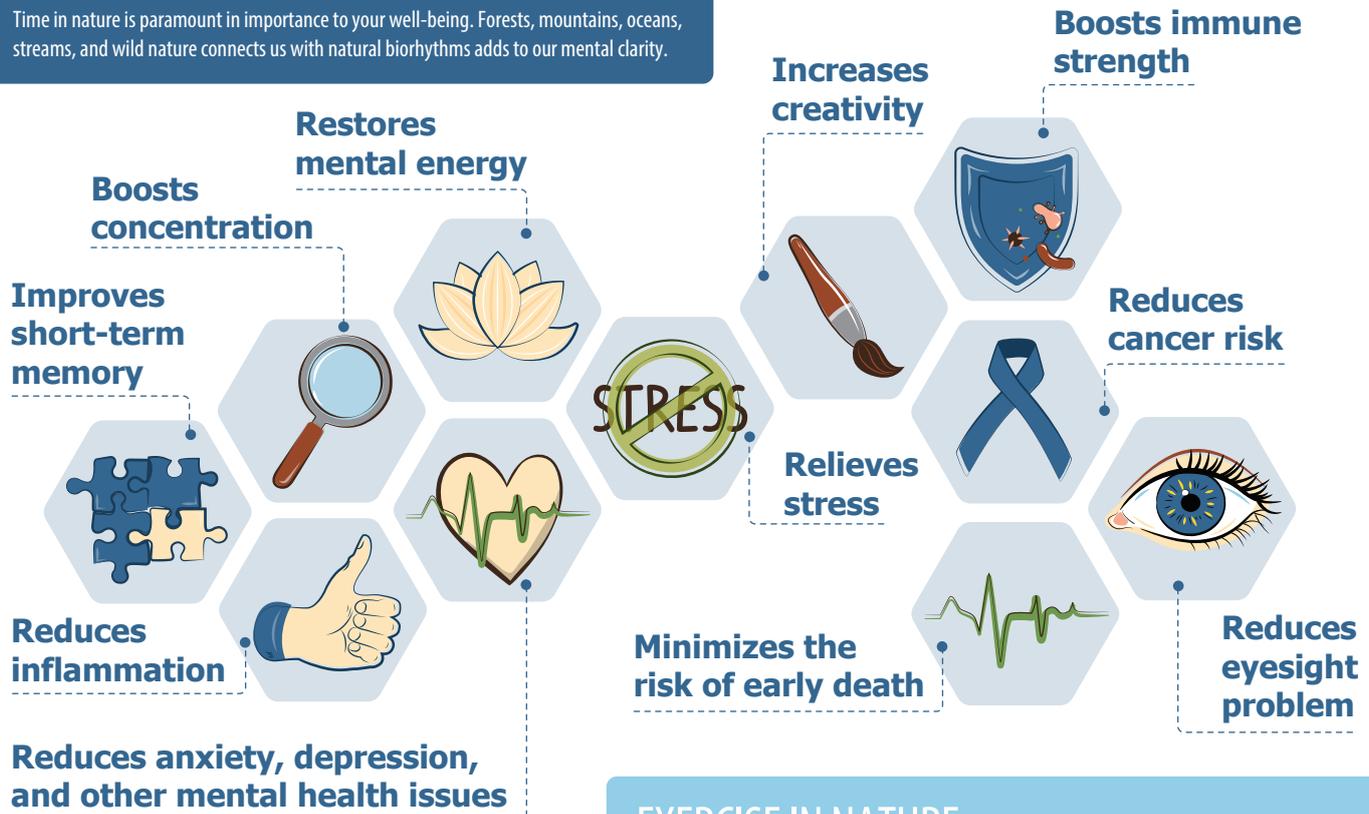
## 2. EXERCISE IN NATURE

Begin by moving in nature for 30 minutes each day. Increase the time until you are exercising in nature for 1 hour each day.



### TIME IN NATURE

Time in nature is paramount in importance to your well-being. Forests, mountains, oceans, streams, and wild nature connects us with natural biorhythms adds to our mental clarity.



### EXERCISE IN NATURE

We learn to trust the inherent balance and wisdom of our bodies – and thus life – when movement practices shift our awareness out of our heads and into our bodies. **Movement heals.**

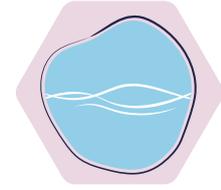
#### Hiking



# LIFESTYLE ROADMAP | OPTIMUM MORNING ROUTINE FOR OPTIMUM LIVING

## 3. SPEND TIME IN STILLNESS

Begin by completing your exercise routine with five minutes of silent stillness, with eyes closed, focussing on Box Breathing.



Reduced physical stress



Seeing the big picture



Improved emotional resilience



## BENEFITS OF STILLNESS & MEDITATION

"The goal of meditation isn't to control your thoughts; it is to stop letting your thoughts control you." –Anonymous

Invoke inspiration



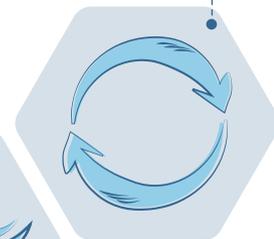
Experience relaxed concentration



## HOW TO DO THE BOX BREATHING METHOD

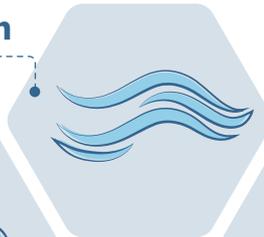
Box Breathing method is a life hack taught to first responders, military snipers and across numerous other high-stress professions. It is literally a way to create space between a stimulus and response, giving you the full power to choose the most appropriate response. The method is simple. You just train your body to do three complete breaths each minute:

## 5. Repeat for 5-10 cycles



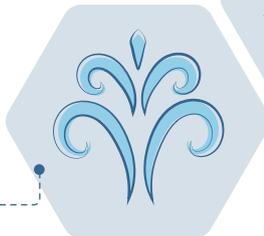
### 2. Hold breath

(3-5 seconds)



### 1. Inhale

(3-5 seconds)



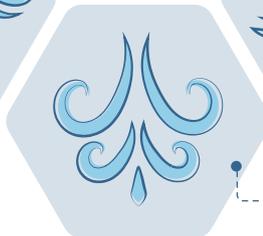
### 4. Hold breath

(3-5 seconds)



### 3. Exhale slowly

(3-5 seconds)

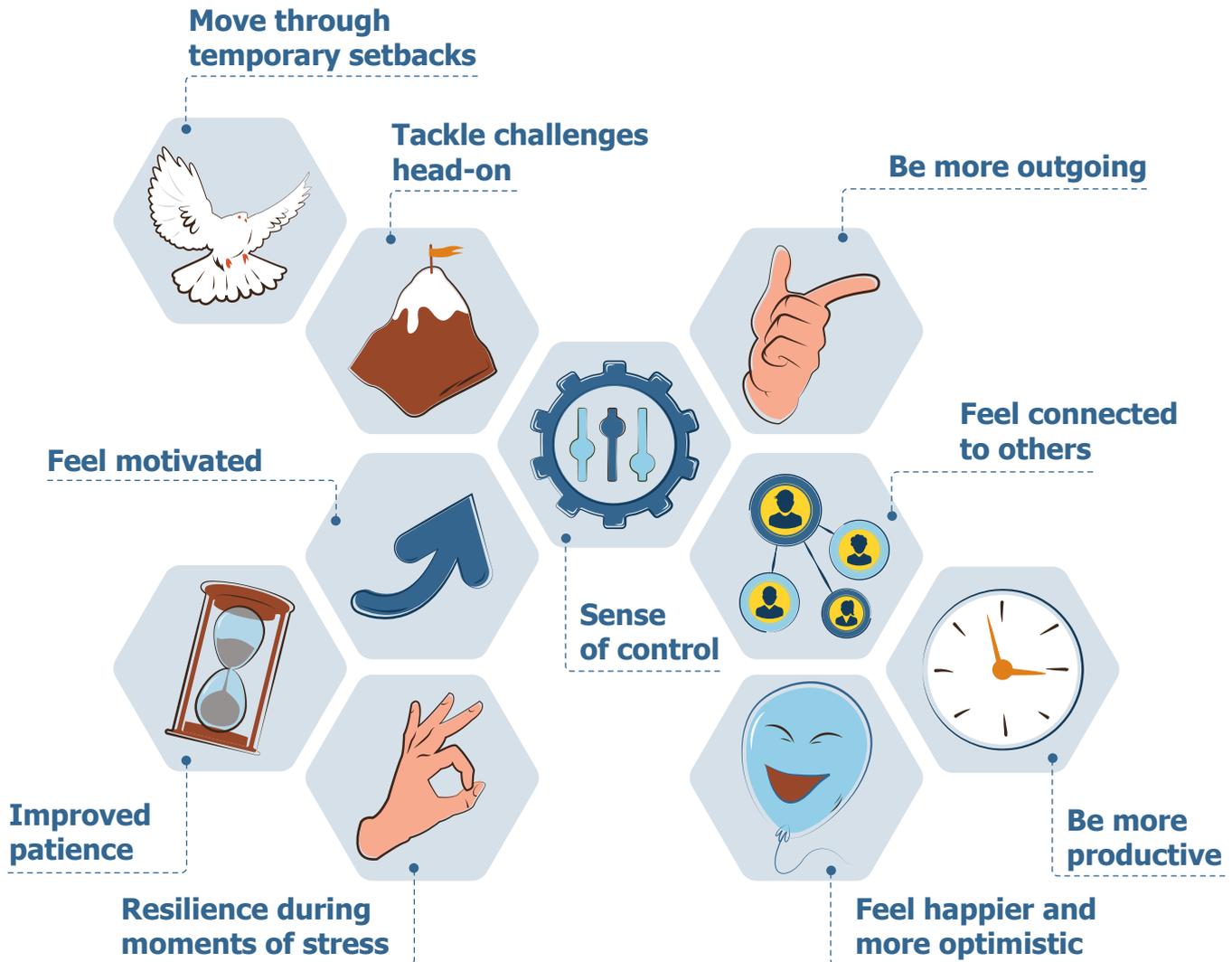


Many meditative practices used around the world employ this very same breathing technique, because it allows you to concentrate on what is, not what you are afraid of happening in the future, or what you will lose if you stay stuck in the past.

# LIFESTYLE ROADMAP | OPTIMUM MORNING ROUTINE FOR OPTIMUM LIVING

## 4. BEGIN A GRATITUDE PRACTICE

Begin a gratitude practice by thinking of just one thing that you are grateful for each day after your moment of stillness. The discipline of gratitude as our inner dialogue leads us to presence, and presence leads us to living meaningful and fulfilling intentional lives. Gratitude is both the cure to the poison of entitlement and the inception point to meaningful happiness.



## 5. EAT A HEALTHY PLANT-BASED BREAKFAST

Include 20g –30g of protein at breakfast each day to optimize your blood sugar, boost your metabolism, supercharge your energy, and make you feel full for longer.



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## SAMPLE MORNING ROUTINE

