

Daily Power Routines

****MORNING MASTERY (7 min)****

6:00	Lemon water + 10 sec sunlight → 🍋☀️
6:02	<i>Power pose (2 min)</i> → 💪 <i>"I attract success effortlessly"</i>
6:04	MIT (Most Important Task): _____ → 🎯



****EVENING RESET (5 min)****

21:00	3-Win Journal → 📝 <i>"1. _____ 2. _____ 3. _____"</i>
21:03	Clothes/meal prep → 🧥🍎
21:05	Digital sunset (no screens) → 📵

Mindset Hacks



****WHEN OVERWHELMED****

1.	Ask: "What's the NEXT tiny step?"
2.	Set 5-min timer → 
3.	Reward after → 






****DECISION FATIGUE FIXES****

• Wear same outfit → 

• Automate meals → 

• Use 5-Year Test: **"Will this matter in 2029?"**



Habit Stacking Blueprint

Existing Habit	Stack New Success Habit
After brushing teeth	2-min affirmation → 
Opening laptop	Write top 3 tasks → 
Waiting for coffee	Deep breathing → 

Energy Optimization





****INSTANT ENERGY BOOSTERS****

- Cold water splash →  **(Triggers adrenaline)**
- 10 air squats →  **(Increases oxygen flow)**



****FOCUS ENHANCERS****

- Pomodoro 25/5 → 
- Brown noise →  **(Blocks distractions)**

Lifetime Success Tools



****MUST-READ BOOKS****

1. **Atomic Habits** → Habit stacking formula

2. **Deep Work** → Focus training

3. **The Compound Effect** → Consistency math



****YOUR NEXT 3 ACTIONS****

1. Print this →

2. Post on mirror →

3. Share with a friend →