

MODULE 06

Bulletproof Billionaire Morning Routine

HERE ARE SOME BILLIONAIRES MORNING ROUTINES:

- ✔ #1 - MAKE YOUR BED (<3 MINUTES)
- ✔ #2 - MEDITATE (10 TO 20 MINUTES)
- ✔ #3 - DO 5 TO 10 REPS OF SOMETHING (<1 MINUTE)
- ✔ #4 - PREPARE "BULLETPROOF COFFEE" (<3 MINUTES)

I ADD GHEE BUTTER OR MCT OIL AND CINNAMON OR STEVIA TO MY COFFEE & STIR OR BUY THE POWDER ON AMAZON FROM THE ORIGINAL BULLETPROOF COFFEE
- ✔ #5 - GRATITUDE JOURNAL. NAME 3-5 THINGS YOU ARE GRATEFUL FOR (5 TO 10 MINUTES)