



MODULE SIX

Bulletproof Billionaire Morning Routine



*Start every day full of
energy, empowered, and
ready to tackle your
objectives and dreams.*

In this module, you'll learn how to:

- Set up your day for **success in under 15 minutes**.
- **Be proactive** like top performers for quicker results.
- Wake up **feeling alive, happy and empowered** every day.

The way you choose to spend the first 10 minutes after waking sets the tone for the entire day.

What do you do first thing in the morning?

- Whatever you do in the morning matters.
- And **when you have an evening routine it allows you to crush your morning routine.**

The most successful CEOs, pro athletes, and millionaires start their success rituals the night before.

What do you do in the evening?

- It **lays the foundation** for you to get up and crush your goals.
- It allows you to enable a **great morning routine**.

Here's a six-step evening routine to help you have a great morning.

- 1 - Have a cut off time as to **when you'll stop working.**
- 2 - Have a cut off time **when you'll turn off all devices.**
- 3 - Prepare the things you'll **need for the next day.**
- 4 - Create your **next-day to-do list.**
- 5 - Have a **non-negotiable bedtime.** Go to bed at the same time every night.
- 6 - **10-3-3-1 Rule**: No caffeine 10 hours before bedtime. No alcohol 3 hours before bedtime. No food 3 hours before bedtime. No screen time 1 hour before bedtime.

Your morning routine will be better because you're **organized** and **strategically prepared** for the next day.

If you could stop the clock for 10 minutes in the morning, what would you do?

The Miracle Morning by Hal Elrod

How you wake up each day and your morning routine, or lack thereof, dramatically affects your level of success in every single area of your life.

**By simply changing the way you
wake up in the morning, you can
transform any area of your life
even faster than you thought
possible.**

You can rewire your brain because your actions will always follow your thoughts, and your thoughts and feelings in the morning can make your day good or bad.

Self-leadership starts with you.

It builds your **personal power** and lets others know that you have self-discipline.

It makes your daily tasks easier to perform.

Your millionaire morning routine...

It starts with you.

Just decide what it's going to be.



THANK YOU

See you in Module Seven

