

LISA G

MODULE 6

Bulletproof
Billionaire Morning
Routine

WORKBOOK

LISA G | HIGH-PERFORMANCE COACH

MODULE 06

Bulletproof Billionaire Morning Routine

Just spending 15 minutes a day on your morning has the power to radically transform your life!

Grab your journal and ask yourself the following questions...

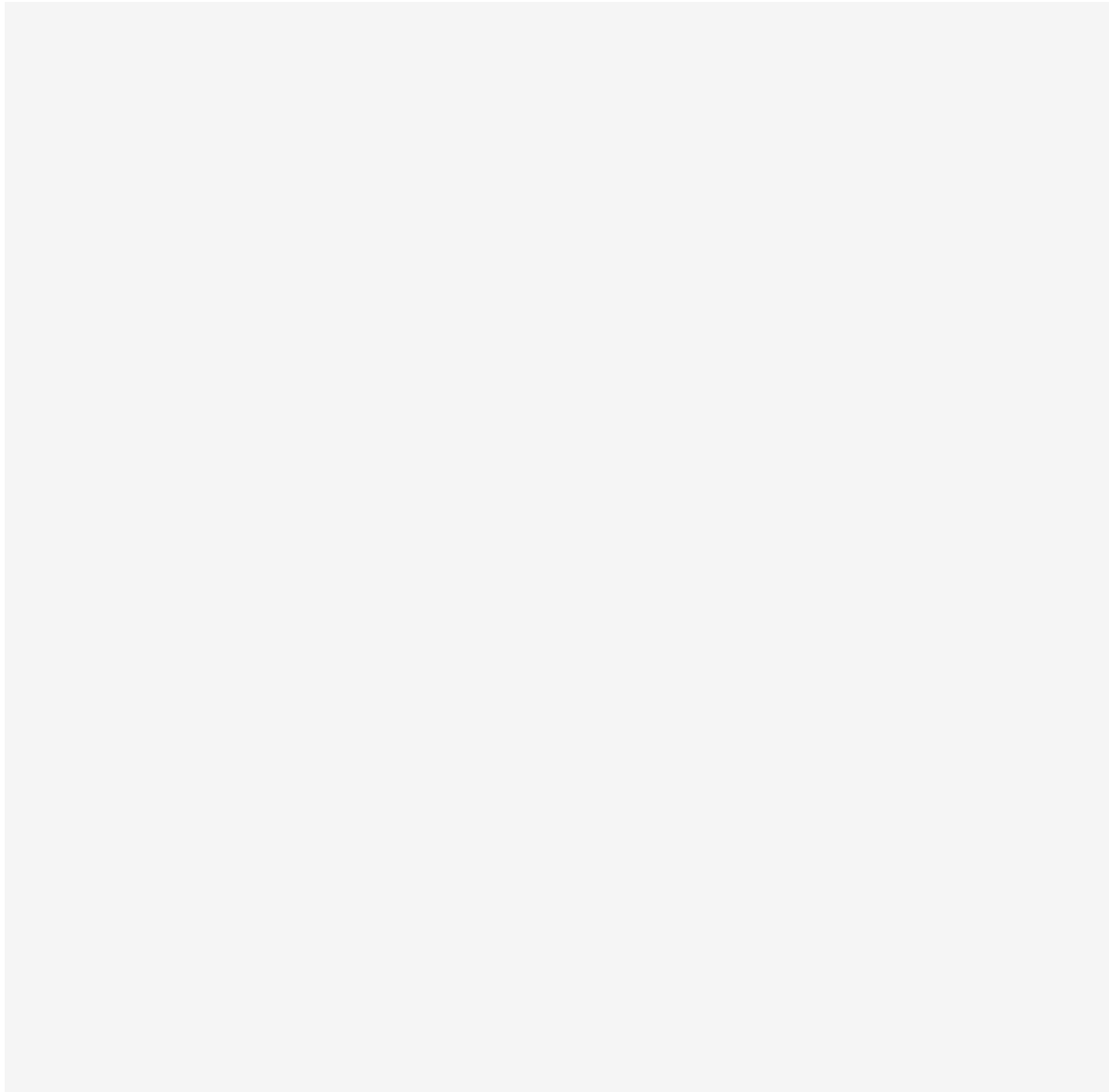
- Write out your current morning routine! Is that supporting your goals?
- What can you do each morning to take care of your Body? Mind? Spirit?
- What can you do to help move your goals forward?
- How do you want to show up for your family, relationships and career?
- What can you do to feel energetic each morning?
- What can you STOP doing that isn't serving you?
- What is one small thing you will commit to today to transform your morning routine?

MODULE 06

Bulletproof Billionaire Morning Routine

START EACH DAY GETTING YOUR MIND IN A POSITIVE STATE TO SHOW UP LIKE A BOSS ALL DAY LONG.

INSTRUCTIONS: Imagine your perfect morning routine... how would you feel, what would you wear, who you be with and where would you be?



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)**

GRATITUDE JOURNAL

TO BE ANSWERED IN THE MORNING:

I AM GRATEFUL FOR

WHAT WOULD MAKE TODAY GREAT?

DAILY AFFIRMATIONS. I AM . . .

GRATITUDE JOURNAL

TO BE FILLED IN AT NIGHT:

3 AMAZING THINGS THAT HAPPENED TODAY...

HOW COULD I HAVE MADE TODAY BETTER?