

Module 6 Transcript

Bulletproof Billionaire Morning Routine

Welcome to module six. ***Millionaire Morning Routines and Evening Routines.***

Discover how to 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, learn how to be proactive like top performers for quicker results, and how to wake up feeling alive, happy and empowered every single day.

Now I get it that some of you are morning people and some of you don't speak until three cups of coffee.

That's why it's so important that your morning routine be created by you, not by me.

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? Hit the snooze button? Do you check your phone, scroll on Facebook or read email? Whatever you do in the morning matters. And when you have an evening routine it allows you to crush your morning routine.

But first, **let's start with the evening routine.** The most successful CEOs, pro athletes, and millionaires actually 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. An evening routine allows you to enable a great morning routine.

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

1 - You need to have a cut off time as to when you'll stop working.

2 - You'll also need a cut off time when you'll turn off all devices.

3 - Your millionaire evening routine consists of planning ahead strategically. Put the things out that you'll need to have ready for the next day. For example, if working out is a goal then lay out the workout clothes and equipment that you'll need.

4 - Create your to-do list the night before. Do an end-of-the-day review to get all your thoughts down on paper and a brain dump. Write down all the things you want to do in the morning. This will help you sleep better. Break down your intentions. Here's an example: tomorrow I will wake up at 6 00 a.m and commit to doing the most important task on my to-do list first. Eat that frog.

5 - You need a non-negotiable bedtime. Because if you don't get enough sleep, you won't have the motivation to do **anything** in the morning. Aim to go to bed at the same time every night.

6 - 10-3-3-1 Rule. I recommend no caffeine 10 hours before bedtime in order to get a good night's sleep. No alcohol three hours before bedtime because alcohol may help you fall asleep but it won't give you that deep sleep. Three hours before bedtime, no food. This will help you sleep better and lose weight. One hour before bedtime, no stimulation from tv, social media, etc. Read a book instead.

Billionaires are avid readers and they consume as much information as possible.

Now that you know your evening routine, your morning routine will be better because you're organized and strategically prepared for the next day. Call it a morning ritual habit, custom, or routine. If used properly, the right actions, practice with consistency, every day can have a major impact on your life.

Scientific research has shown that a morning routine has the ability to increase happiness, reduce procrastination, boost confidence and improve overall performance.

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

I'm going to give you guys some of my favorites. But this again has to be your morning routine. Something that works for you and your goals.

Okay, this is my all-time favorite. Meditation and prayer. After that, I typically focus on my top three goals for the day.

Decide on your goal. Something in your life that you want to improve like losing weight, being more productive, being even more successful, or eating healthier. Just make sure it's something that makes you inspired on fire.

Read a few pages of an actual book or listen to a podcast.

I like to learn something new and see where I can apply it to my life.

Stretch your body. I also love to do this. Yoga is the bomb.

Journal or think about three to five things you're grateful for.

Whatever your favorite activity to do, do it first thing in the morning.

The most important thing is after ten minutes, you've done something. That prepares you for a successful and productive day. You'll feel better alive and ready to start the day with a bang.

If you have longer than 10 minutes good for you, but 10 is a great start.

Hal Elrod, the author of the international bestseller *The Miracle Morning*, describes in his book the impact of how you start your day

as follows: ***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.***

Focused, productive, successful mornings generate focused, productive, successful days, which inevitably create a **successful** life. In the same way, unfocused, unproductive, and mediocre mornings generate unfocused, unproductive, and mediocre days.

You have a choice. And ultimately, avoid the mediocre quality of 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. So, let's take a minute and bring this morning routine home for you.

Get quiet every day. We have so many inputs coming at us and many of us are fearful right now and anxious. It's essential to create some media boundaries and build stillness for yourself, like meditation or prayer. This space allows reflection, self-awareness, understanding, and focusing on what you do want.

It's so important to be grateful every day. Find a way to be grateful despite the storms that are raging about you. This isn't about dismissing or minimizing the difficulties you find yourself in, but it's about acknowledging that there's always something to be grateful for. And the degree to which you can be grateful is the degree to which you can develop resilience. That's how resilience works.

Perspective really matters. Ask yourself what are the gifts of this time. When you begin to look at your life and circumstance with gratitude, your heart begins to expand, and the stress that once was traumatic diminishes. Times of uncertainty can propel us to personal growth and deeper connection. We are meant to thrive not just when the sun is shining, and flowers are blooming but here today, among the storms.

So when you're able to harness the power of your conscious and subconscious mind, you'll be able to achieve remarkable results in your health and weight loss and defeat any negative self-talk that holds you back. Your life and goals will finally be within your reach.

So think about it again, what is your morning routine going to be? Are you going to make the bed, meditate, pray, be grateful, or work out?

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.

So, just remember your millionaire morning routine.

It starts with you.

Just decide what it's going to be.

Thanks for coming. I will see you soon.