MY MORNING ROUTINE:
The Daily Launch Sequence

THE HOPEFULL INSTITUTE

1. The Wake-Up Call
My alarm is set for [Time] _____. I choose to own my morning rather than let it own me.

2. Hydrate for Brain Power
Before anything else, I will drink [Number] _____ glasses of water to wake up my internal organs. My goal is to finish [Number] _____ water bottles throughout the day to keep my brain sharp.

3. The Physical "Prime"
To get my blood flowing and clear my "sleep fog," I will perform one set of the following:

- ☐ Push-ups or Burpees [Number] _____
- ☐ Squats or Lunges [Number] _____
- ☐ Plank, Sit-ups, or Bird Dog [Number] _____
- ☐ Wall sit or Calf Raises [Number] _____

4. Lead with Strength
I will identify my top five-character strengths and choose one to lead with today. I will activate it this morning by...

_____

_____

_____

5. Mental & Spiritual Focus

- ☐ I'll spend a few minutes in my journal to clear my head.
- ☐ I'll engage in my morning spiritual practice to centre myself.
- ☐ I'll listen to my favourite podcast to feed my mind while I get ready.

6. Fuel the Machine
My preferred breakfast for sustained energy is:
[Meal]. _____

7. The Digital Fast
I pledge to stay "unplugged" from my phone for the first [Number] _____ minutes of the day to protect my focus.

8. The Cold Finish
To build mental toughness and alertness, I will end my shower with [Number] _____ seconds of cold water.