

Morning Formula

1. **Drink water**

This is the first thing you should do to flush out organs and replenish the body.

2. **Breathing techniques** - meditation / taking time out of your day to focus on your breath.

Conscious awareness of breath will give you the energy and awareness to feel your body and current status. Breathing can also massively improve posture and tightness in the upper back.

3. **Alkalize** - lemon water & salt / apple cider vinegar / greens drink.

Improve your digestion and overall health by alkalizing on an empty stomach to remove excess acidity and gut stress.

4. **Movement** - walk / stretch / exercise.

Get yourself moving in the morning, don't just sit down at your desk and get started. Move and get your blood pumping to start the day.

6. **Breakfast**

Eliminate sugar from this meal, set yourself up for the day with the tools needed to stay alert and get in your fat burning zone with fat and fiber.

5. **Slow down**

If you are a coffee drinker, add butter or MCT oil to your drink to slow down the digestion of caffeine for consistent energy supply. Give at least 30mins before having this in the AM unless training.

6. **Commute** - on your way to work, own your time and make the most of it.

Whichever way you get to work, use this time to learn something. Rather than putting yourself in a negative frame of mind first thing and reading the news, swap it out for something useful and inspiring to you such as a podcast to dig deep into the areas you want to learn more about.

Habitual Checklist

- I spend at least 1 hour every single day, working on ME.**
I.e reading a book, watching a training video, working on my goals, journaling, meditating, etc.
This time is scheduled and blocked off, everything is closed so I am not interrupted.
- I spend 45m - 1 hour, 5 to 6 days a week, exercising.**
- I maintain successful habits no matter how my day goes.**
- Every day BEFORE I go to bed, I map out my list/meals/clothes for the next day.**
- I wake up at the same time every “push” day (i.e 5:30am). This makes me consistent in what I do and how I feel.**
- I start every day with breathing work and a bottle of water.**
- I focus on the things I can control today and don't get stressed out about external environments as much as possible.**
- Every week I list down the following in my journal/notes:**
 - Top 1-3 *most valuable* activities for the week for better energy and drive
 - Learning lessons & corrections, what made workouts/energy better or worse
 - Study list, what to read up on or ask Olly about on a call
- I don't turn on my phone until my morning routine is complete.**
This is essential to making your own schedule a priority and making sure you put time aside for yourself rather than being reactive to the things around you.

Add in your own daily goals here:

- _____
- _____
- _____
- _____