









-  **1 Leap Out Of Bed and Shake It Out**
-  **2 Shower** *(30 seconds Freezing Cold Water)*
-  **3 Breakfast** *(Hot Lemon, Supplements)*
-  **4 7 Minute Meditation**
-  **5 Morning Mindset**

(Later That evening)

-  **6 Evening Journal**
-  **7 Deeper Release Audio**
-  **8 Early To Bed**