

Morning Routines

December I am going to teach Napoleon Hill's content all month

This call is a morning routine

The question to consider is:

What puts me in a good mood?

What creates optimism for me?

Things to consider:

What you eat and drink

Shower/Brushing Teeth/Making your Bed

Exercise

Mind inputs like – email, text, music, video

It is not about what works for others. It is about what works for you.

What works for me is getting coffee for my wife and I

Lately I have been re writing my vision each morning for 5 minutes to an hour.

You get what you focus on

We become what we think about

Bonus Video - <https://www.youtube.com/watch?v=dfWcNhOSqe8&t=2s>