



The Unstoppable Morning Routine

4:50am - wake up, immediately out of bed (silent alarm on FitBit/no snooze)
bio break, dress for workout



5:00am - drink 12oz. cold water w/ small lemon squeezed (or 1/2 large lemon)



5:05am - 25-30 min elliptical workout + 10 min calisthenics
(sit ups-push ups-jump jacks-ab work)

Practice gratitude while working out -then listen to at least one podcast



5:45am - cold shower/ get dressed-ready for work
Daily affirmations in mirror

6:30am - 12oz green drink (cold water + 1 scoop Primal Greens)



6:35am - coffee/breakfast (alternate days protein or fruits/yogurt mix)



7:00am - read/ gather industry content to share/ push out any morning emails



7:30am - off to work/ listen to podcasts on drive- learning or motivating



Max energy all morning long, accomplish goals like a boss!



Collision MasterMind <https://www.facebook.com/groups/301242130992782>

Mind Wrench Podcast <https://www.buzzsprout.com/1311799>

rickselover51@gmail.com

<https://www.facebook.com/rick.selover.9>