

The Magical Power of 3



Let's Plan for Explosive Success

Each morning we have the opportunity to set ourselves up for success OR experience an ugly day, what we don't want. And, this all begins with our habits and routine in the morning - YES, in the morning. Use this as a GUIDE to help you identify WHAT your routine is and HOW to modify it to support EXPLOSIVE Success.

Start by writing down what you do in each category and keep doing what delivers results.

Winning Morning Routine



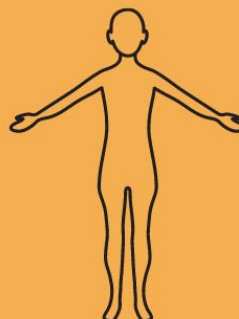
SPIRIT

Feed your spirit by: meditating, reading scripture, praying, etc.



MINDSET

Feed your mind positivity by: saying Words of Affirmation, celebrating a WIN from the prior day, etc.



BODY

Fuel your body by: exercising, yoga, walking, AND with the right food.