

# 10 MINUTE MORNING FOR A BETTER LIFE

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5:00 AM	WEIGH-IN HYDRATE - 20 oz
5:03 AM	AM SUPPLEMENT
5:04 AM	VISUALIZE / AFFIRMATIONS
5:06 AM	JOURNAL THOUGHTS
5:10 AM	START THE DAY

## LIFE S.A.V.E.R.S.

<b>S</b>	<i>SILENCE</i>
<b>A</b>	<i>AFFIRMATIONS</i>
<b>V</b>	<i>VISUALIZE</i>
<b>E</b>	<i>EXERCISE</i>
<b>R</b>	<i>READ</i>
<b>S</b>	<i>SCRIBE</i>