

MORNING / DAY ROUTINE FOR A BETTER LIFE

5:00 AM	WAKE-UP BIOPLASMA WEIGH-IN HYDRATE - 20 oz PREP WORKOUT BRUSH TEETH
5:20 AM	TREADMILL / READ AB ROUTINE WEIGHT PROGRAM
5:55 AM	AM SUPPLEMENT PRAYER / LOH
6:25 AM	SILENT REFLECTION
6:30 AM	VISUALIZE / AFFIRMATIONS
6:40 AM	WORK PREP
7:10 AM	BREAKFAST
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7:25 AM	WORK COMMUTE
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9:00 AM	JOURNALING THOUGHTS FOR THE DAY EXPECTATIONS FOCUS POINTS ON THE DAY EATING PLAN
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12:00 PM	PRAYER / LOH AFFIRMATIONS EATING PLAN
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4:30 PM	JOURNALING REVIEW OF THE DAY EATING PLAN
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9:00 PM	AFFIRMATIONS
9:15 PM	PRAYER / HOURS
9:30 PM	FINAL JOURNAL (OPTIONAL)

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

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

[Hal Elrod - The Miracle Morning](#)