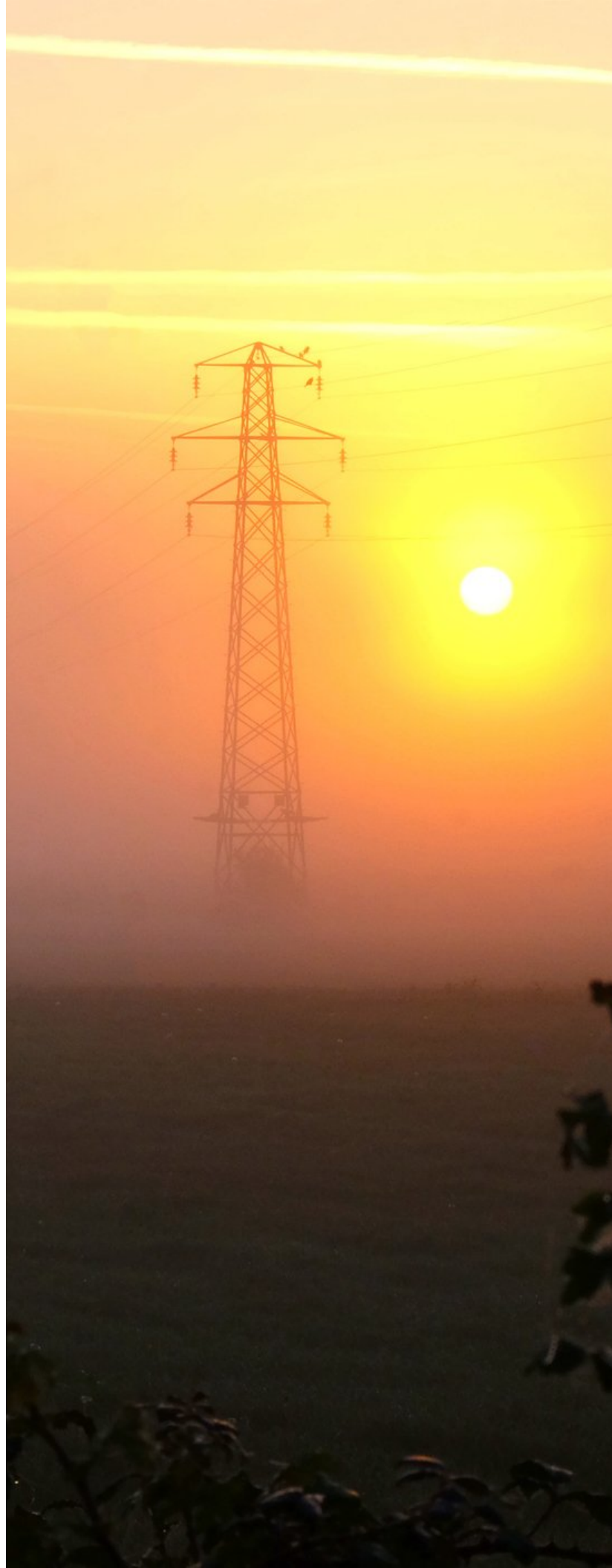
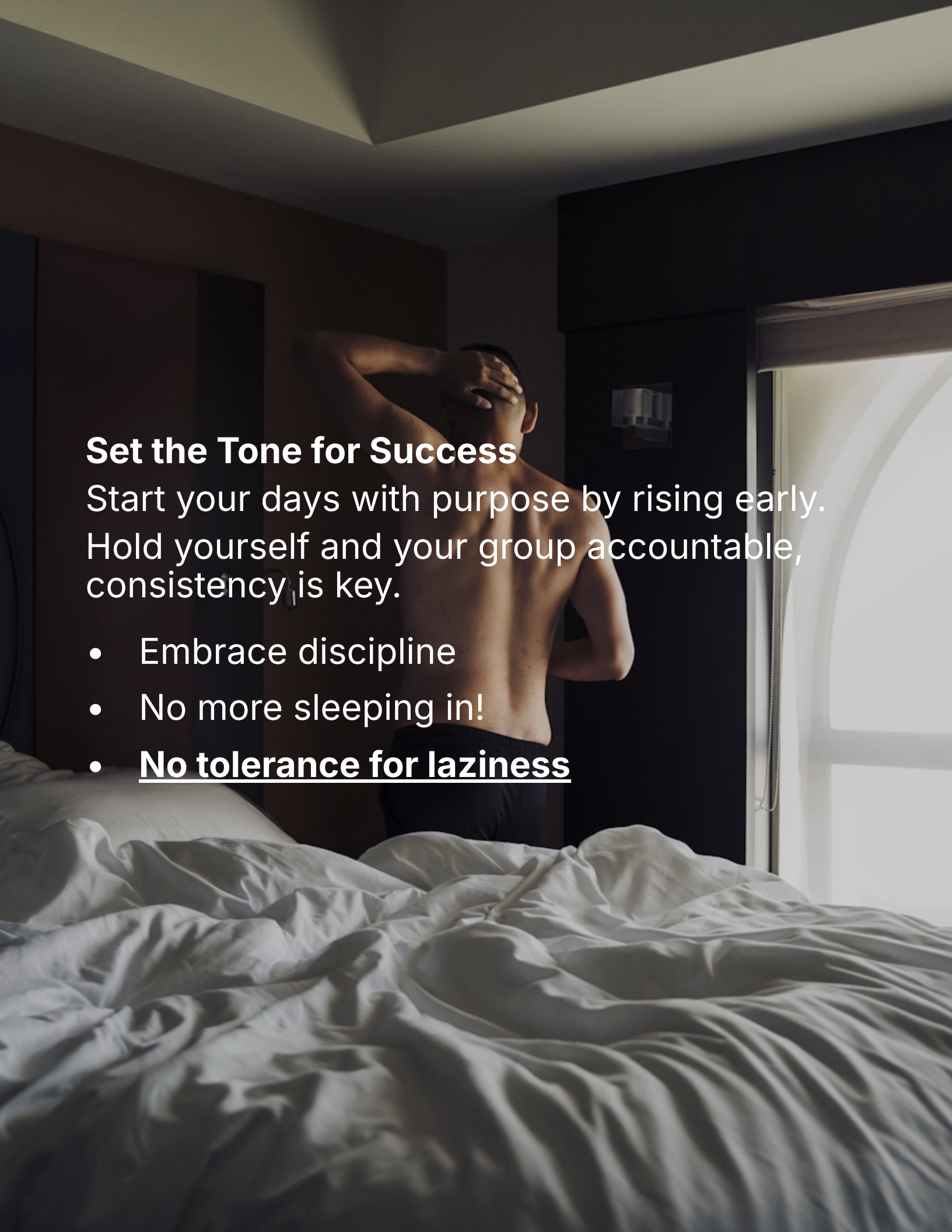


Morning Regimen

Blueprint for a
Powerful Start



**Wake Up
Early**

A man is seen from behind, standing in a bedroom. He is shirtless and wearing dark shorts, with his hands clasped behind his head. He is looking out a large window on the right side of the frame. The room is dimly lit, with light coming from the window. A bed with white, rumpled sheets is in the foreground. The overall mood is contemplative and focused.

Set the Tone for Success

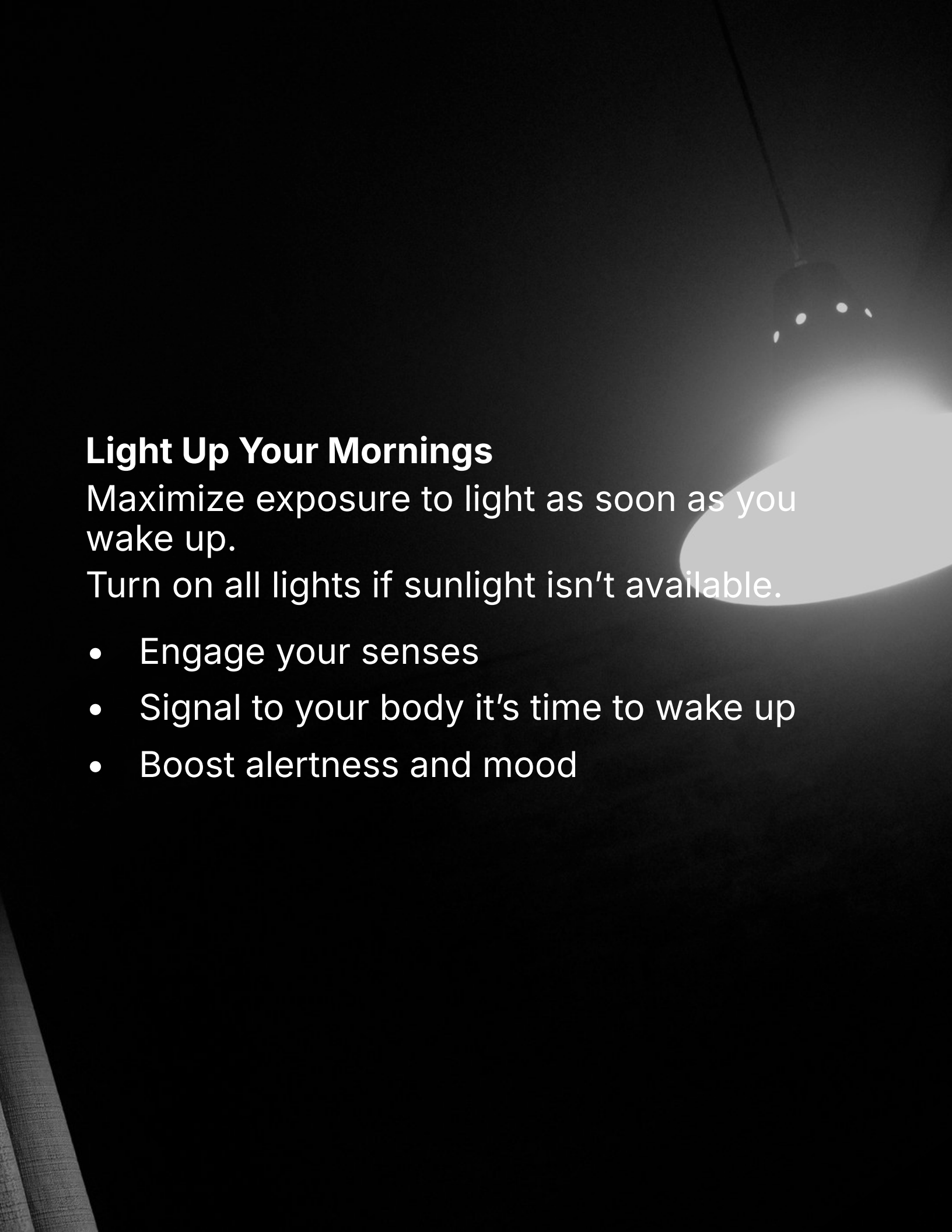
Start your days with purpose by rising early. Hold yourself and your group accountable, consistency is key.

- Embrace discipline
- No more sleeping in!
- **No tolerance for laziness**

“

**Success
comes to
those who
have the
willpower to
win over their
snooze
buttons.**

**Brighten
Your Space**

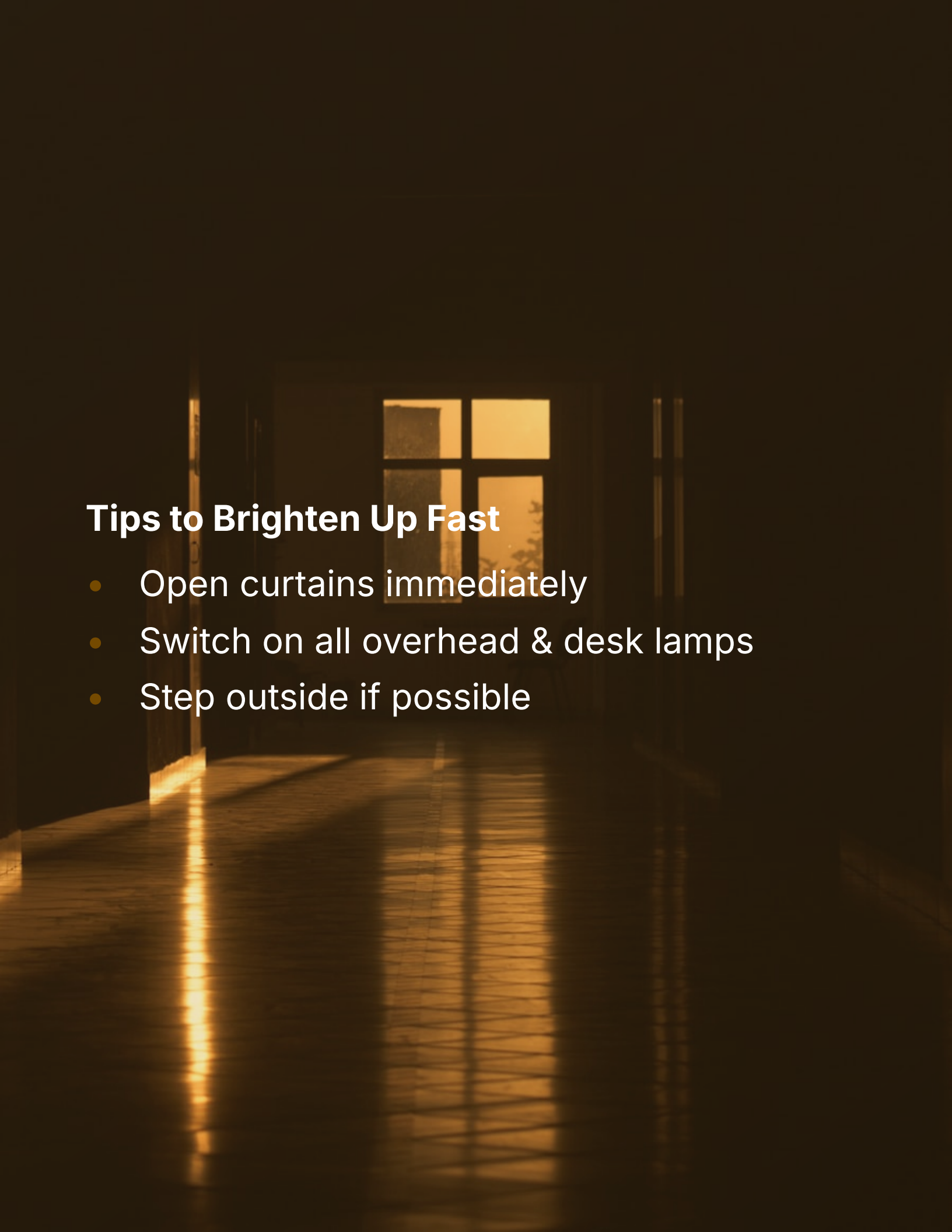


Light Up Your Mornings

Maximize exposure to light as soon as you wake up.

Turn on all lights if sunlight isn't available.

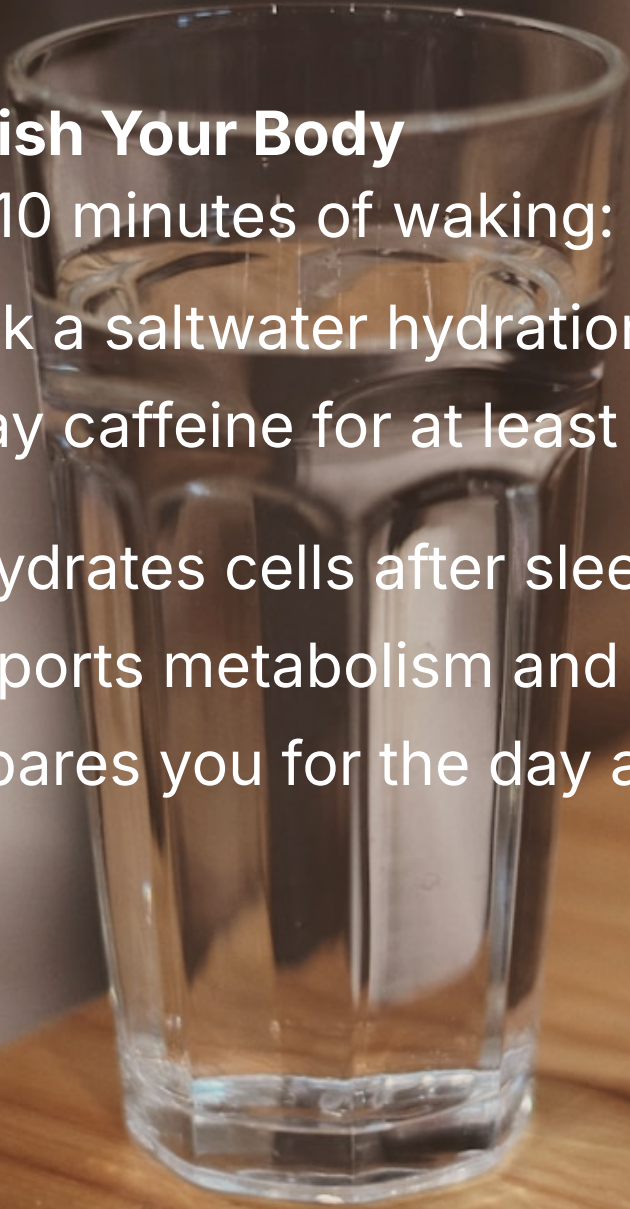
- Engage your senses
- Signal to your body it's time to wake up
- Boost alertness and mood

A dark, dimly lit room with a polished floor that reflects the light from a window. The window is divided into four panes, and the light outside is bright and warm. The overall atmosphere is dark and moody, with the light from the window providing the primary illumination.

Tips to Brighten Up Fast

- Open curtains immediately
- Switch on all overhead & desk lamps
- Step outside if possible

**Hydrate
with Salt
Water**

A tall, clear glass filled with water, sitting on a wooden surface. The glass is partially filled with water, and the background is a soft, out-of-focus brown.

Replenish Your Body

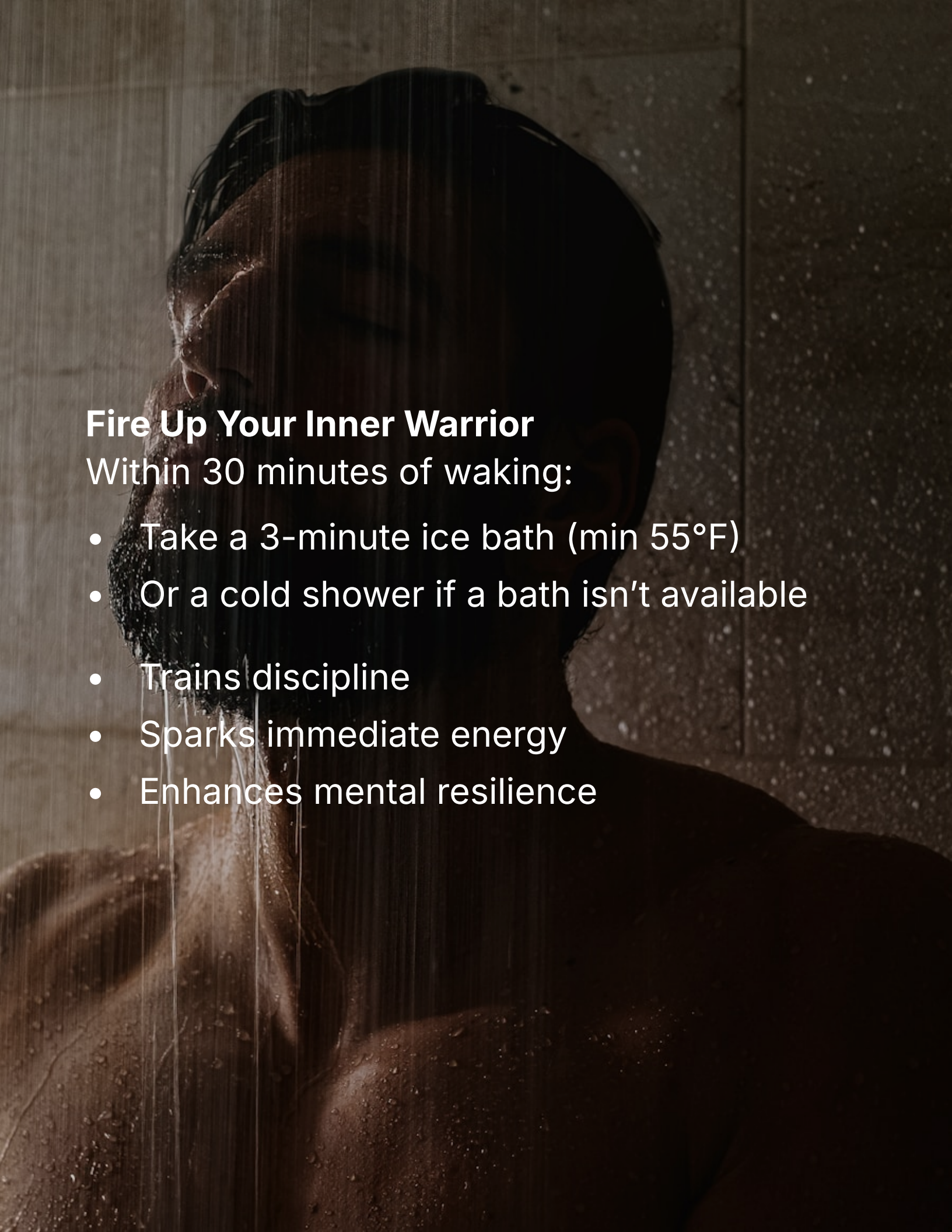
Within 10 minutes of waking:

- Drink a saltwater hydration mix
- Delay caffeine for at least 90 minutes
- Rehydrates cells after sleep
- Supports metabolism and alertness
- Prepares you for the day ahead

“
**The simple
act of
hydration
upon waking
can transform
your energy
levels.**

— Dr. Andrew Huberman

**Ice Bath or
Cold
Shower**

A man is shown from the chest up, standing under a showerhead. Water is spraying over his head and shoulders. The scene is dimly lit, with the water spray creating a misty atmosphere. The man's face is partially visible, looking slightly to the side. The background is a tiled wall.

Fire Up Your Inner Warrior

Within 30 minutes of waking:

- Take a 3-minute ice bath (min 55°F)
- Or a cold shower if a bath isn't available
- Trains discipline
- Sparks immediate energy
- Enhances mental resilience

Why Embrace the Cold?

- Increases circulation
- Boosts alertness
- Builds consistency and mental toughness\
- Practice discipline, do hard things

“
**Discipline is
choosing
between what
you want now
and what you
want most.**

— Abraham Lincoln

**Enter Your
Secret
Place**



Gratefulness Protocol (10 Minutes)

1. 3 Minutes: Gratefulness

Reflect on three things—immerse and experience deep gratitude.

2. 3 Minutes: Thankfulness

Pray and thank God, recognizing the source of your blessings.

3. 3 Minutes: Faith

Visualize and declare your daily and long-term goals. Say, "It's possible."

4. 1 Minute: Encouragement

Uplift someone with a text or voice message.

Gratefulness Protocol Checklist

- Visualize good things
- Connect with God in thankfulness
- Set your intentions for the day
- Encourage another

**Read God's
Word**



Meditate with Focus and Intention

Start each day strong by immersing yourself in scripture.

Let God's wisdom set your thoughts and your path.

**Pray and
Thank God**

Embrace Sincere Gratitude

Prayer grounds your morning regimen.

Thank God for His presence, guidance, and blessings.

“
**Prayer does
not change
God, but it
changes him
who prays.**

— Søren Kierkegaard

**Journal
Your
Experience**

A warm, soft-focus photograph of a desk setup. In the foreground, an open notebook with blank pages lies on a dark wooden surface, with a black pen resting on it. To the right of the notebook is a white ceramic mug. In the background, a window with white curtains looks out onto a blurred landscape of green hills and a distant mountain range. A small potted plant with green leaves is visible near the window. The overall atmosphere is calm and inviting, suggesting a quiet time for reflection or journaling.

Capture Insights and Growth

Document thoughts and feelings from your quiet time.

Use your journal to track progress and foster reflection.

Recite Your Warrior's Creed

Declare Your Identity and Purpose

Before facing the day, speak your Warrior's Creed:

Announce who you are, your mission, and your commitment.



I am a child of God, fearfully and wonderfully made. My God is for me, so nothing can stand against me.

Morning Regimen

Summary & Call to Action

Your Blueprint for a Powerful Start

- Wake Up Early with Purpose
- Brighten Your Space
- Hydrate Immediately
- Conquer the Cold
- Enter the Secret Place
- Seek Wisdom and Express Gratitude
- Reflect and Record
- Declare Your Warrior's Creed

Commit to consistency, accountability, and joy each morning!

A full-page background image featuring a person in silhouette standing on the edge of a dark, jagged rock formation. The person is looking out over a vast, bright orange and yellow sky where the sun is setting or rising. A faint rainbow is visible in the upper half of the sky, arching over the person. The sky is filled with soft, white clouds. The overall mood is inspirational and hopeful.

Start Tomorrow. Transform Your Life.