



## THE 4-STEPS MORNING FOCUS FORMULA

### 🔥 4 STEPS TO BUILD A MORNING ROUTINE THAT MAKES UNSTOPPABLE

1. No Phone Until After Your First Win 📵

Don't touch your phone right after waking.

Instead, drink water + take 3 deep breaths. Let your brain warm up in peace.

2. Do One Easy Physical Task First

🛏️ Make your bed.

🧘 Stretch.

👕 Fold clothes.

This small win activates your brain's reward system

3. 10-Minute Quiet Focus Zone

🚫 No music, no noise.

Just sit, journal, or write your to-do list.

This clears mental fog and programs your brain for productivity.

4. Visual Trigger

🎯 Stick your goal (on paper) where your eyes land first – wall, mirror, desk.

Your goal must slap you in the face first thing every morning.

💡 Bonus Tip:

Brush your teeth with your non-dominant hand – it wakes up your brain fast. 🧠

# **CALL TO ACTION(CTA).**

## **🚀 READY TO GO FROM LAZY TO LASER- FOCUSED?**

You've just unlocked the morning blueprint — but focus is a full-day battle.

If you want the 7-Day Teen Productivity System (Daily action plan, phone detox hacks, Notion tracker, and more)...

👉 Download the full eBook here:

🔗 [Insert your Gumroad link once live]



👉 "Hamza always says: 'You win the first hour, you win the day.' That's why this routine starts with you vs. your phone."

👉 "Even Iman Gadzhi talks about the 3'dopamine detox' — removing easy hits like scrolling and focusing on doing hard things first."



**Bold**