



## Who Should Do The Program?

If you find yourself nodding along to these questions, our programs may just be what you need:

- Do you feel stuck, even though you're motivated?
- Are you stressed and looking for peace?
- Do you want to live healthier, but can't stay consistent?
- Do you feel average and crave a more fulfilling life?
- Have you tried to improve yourself, but can't keep it up?
- Do you wish you had a supportive group on your self-improvement journey?

### Suitable for



All Age Groups



All Professions



All Health Conditions



# Building Lasting Habit is Hard....

*"Habits is the architect of the life we can build"*

## ► What? ◀

**90% of new habits break just after 2 weeks**

### Because

Motivation is temporary; it can wane, making it unreliable.



Without a systematic routine, consistency & progress can falter.

Lack of accountability when we're alone makes it easier to quit.



Not having a support group makes the journey feel more challenging.

## ► Solution ◀

**Having a Right Routine Is Blueprint to Lasting Habits!**

Consistent routine provides the structure for a domino effect, where one good habit leads to another, resulting in a more productive and fulfilling lifestyle

### Benefits: 10x Your Potential



Boost Discipline & Consistency



Enhanced Cognitive Ability



Reduced Stress



Improved Health

## ► How? ◀

Building Habits requires right environment. We designed a three pillar approach based on scientific research and Wisdom of Successful people.

### Guidance

Mentor illuminates our journey, supporting steady growth & correct practices

### Accountability

Hold yourself accountable to ensure consistency, especially when motivation dwindles

### Support System

Engaging with community & activities makes the journey enjoyable & long lasting



# Morning Routine Mastery Program

Ultimate program towards building a powerful life changing morning routine.



Expert Mentoring



Live & Interactive



40 mins Session

## Features

### Guidance to perform right activities

Our program underscores the paramount importance of initiating your day with a dedicated 40-minute daily practice.

#### Meditation :

Start the day with inner tranquility for improved focus and reduced stress.

#### Visualization :

Use positive affirmations to set clear goals and foster a successful outlook.

#### Journaling :

Gain insights, reflect, and improve through writing.

### Accountability Tools

Combat procrastination with accountability. Embrace powerful mornings, form lasting habits, and achieve lasting success.

#### Wake-up Call :

Your daily reminder to uphold your commitment to change.

#### Attendance Streak :

Real-time tracking of your consistency and progress.

#### Reminders :

Emails and WhatsApp ensure you stay on the journey.

#### Rankings & Rewards :

A gamified way to motivate and monitor your progress.

### Community, Events & Learning

Build habits with a supportive community. Engage in events, share experiences, and stay motivated for success.

#### Peer Interactions :

Exchange insights with fellow journey-takers.

#### Mentor Q&A :

Gain clarity and deepen understanding through direct mentor engagement.

#### Expert Sessions :

Learn from industry professionals about fitness and wellness.

#### Exclusive Resources :

Stay updated and inspired with our curated webinars and newsletters.

## How it works

### Daily Activities : 40 Mins



25 mins

Mentor guided meditation session that calms your mind

5 mins

Visualization that fosters motivation, confidence & resilience

10 mins

Journaling, guided by cues, offering mental clarity

### Periodic Activities

○ 48 hour advance notice for group activities & interaction.

○ Webinars & events aim to enhance your learning & engagement

○ Session reminders & check-ins to keep you on track

○ Weekly newsletter with insightful & inspiring content

# Join Our Vibrant Community

Engage with community of like-minded individuals on the same journey as you.



## Testimonials



During the pandemic, uncertainty left a lasting impact on me. Even after things returned to normal, anxiety persisted due to a disrupted routine. Habit10x became the perfect companion, helping me regain stability and embrace a better life.

**Maya, Homemaker**



My final year at the university was super stressful. The sessions at Habit10x helped me sort my life on multiple levels. I might miss a night out, but I would never miss waking up early.

**Emily, Student**



Building my business demanded hard work and sacrifices, but I neglected my health. Stress took a toll on me. Skeptical about Habit10x, but it transformed me. Completed 2 challenges, onto the 3rd. Not quitting anytime soon!

**Steven, Entrepreneur**



Waking up early has had a positive impact on my mental clarity and focus. I feel more alert, creative, and ready to take on the challenges of the day.

**Ethan, HR**

# FAQs

## Why opt for Habit10x amidst numerous free online resources?

Just as a personal gym trainer or school teacher guides you towards your fitness or academic goals amidst a sea of free content, Habit10x serves a similar role for habit-building. We offer a unique, structured experience that goes beyond the free resources available online. Habit10x provides personalized guidance, accountability, and a supportive community, all crucial elements for effective and sustainable habit formation.

## What do i need to attend the session?

For the session, you'll need a distraction-free space and a device for journaling, which could be as simple as pen and paper or a note-taking app on your device. A stable internet connection is necessary to participate in our Zoom sessions.

While it's not mandatory to download the Zoom app, it's recommended for convenience as it will be used regularly throughout the program.

## Who should join the morning routine mastery program and what are its benefits?

Our program is ideal for all age groups from students, professionals to retired who have the intention to boost productivity, enhance well-being, improve focus, and elevate energy levels. It's a transformative journey that helps establish a consistent morning routine, fostering positive habits and breaking negative ones.

## How many sessions are conducted in a month as part of the program?

Our program runs for 26 days each month, excluding Sundays and major festival days!

Research studies show that high-intensity commitment in the early stages accelerates habit formation. By diving in headfirst, you're more likely to turn these practices into lasting habits. This initial intensity also sparks self-motivation, boosting your chances of long-term success.

Also, studies suggest that flexible attitude leads to procrastination and inconsistency – the arch-enemies of habit formation. That's why we've designed a structured program with limited flexibility. This approach, while challenging, is key to effective habit formation.

## What exactly happens within the program after enrolment?

After enrolling in the program, you will receive a Zoom platform link to join the session.

For the next 30 days, you can expect a wake-up call 5 minutes before each session to help you prepare. Each daily session will last for 40 minutes and will include activities such as 25 minutes of guided meditation, 5 minutes of visualization exercises, and 10 minutes of journaling.

Additionally, there will be occasional opportunities for interaction with other community members and experts to enhance your learning experience.

## What events are held in the community and how can members participate?

Our community hosts a variety of engaging events like challenges, polls, discussions, and bi-monthly webinars featuring experts from fields like mindfulness, nutrition, and personal development.

These events cover diverse topics such as stress management, goal setting, and self-care. We foster an interactive environment where members can actively participate by asking questions, sharing perspectives, and engaging in discussions.

All details related to upcoming events will be shared 48 hours in advance.

## Who are the mentors leading the sessions, and what are their credentials & expertise?

Our mentors are highly experienced professionals with expertise in life coaching, meditation techniques, and fostering personal growth. They hold relevant certifications and degrees in mindfulness practices, bringing a deep understanding of human psychology to guide you on your journey.

Rest assured, our mentors are dedicated to creating a supportive environment for your growth and success in building your morning routine.

## What is your refund policy?

We do not offer any refunds after the trial period is over.