

YOUR ACTION PLAN TO OWN THE FIRST HOUR

Decide what your most important task will be, and create a plan to do it first.

Vhat trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?		own the first hour tomorrow morning? p, meditate for 15 minutes, and then do a 30-minute bodyweight workout in my living room.
other words, how will I eliminate distraction and self-sabotage? AMPLE: I'm going to download a guided meditation app right now. And I'm going to lay out my workout clothes so they're the first thing I see ten I wake up. Ow am I going to own the first hour at work? other words, what's my most important task for tomorrow? AMPLE: I'm going to outline the first chapter of my book. AMPLE: I'm going to prepare my notes and practice leading the afternoon sales meeting. I'hat trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?		
other words, how will I eliminate distraction and self-sabotage? AMPLE: I'm going to download a guided meditation app right now. And I'm going to lay out my workout clothes so they're the first thing I see ten I wake up. The words was a going to own the first hour at work? Other words, what's my most important task for tomorrow? AMPLE: I'm going to outline the first chapter of my book. AMPLE: I'm going to prepare my notes and practice leading the afternoon sales meeting. That trigger will I put in place to make sure I actually do it? Other words, how will I eliminate distraction and self-sabotage?		
other words, how will I eliminate distraction and self-sabotage? AMPLE: I'm going to download a guided meditation app right now. And I'm going to lay out my workout clothes so they're the first thing I see ten I wake up. ow am I going to own the first hour at work? other words, what's my most important task for tomorrow? AMPLE: I'm going to outline the first chapter of my book. AMPLE: I'm going to prepare my notes and practice leading the afternoon sales meeting. //hat trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?		
other words, how will I eliminate distraction and self-sabotage? AMPLE: I'm going to download a guided meditation app right now. And I'm going to lay out my workout clothes so they're the first thing I see ten I wake up. ow am I going to own the first hour at work? other words, what's my most important task for tomorrow? AMPLE: I'm going to outline the first chapter of my book. AMPLE: I'm going to prepare my notes and practice leading the afternoon sales meeting. //hat trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?	/hat trigger will I	nut in place to make sure Lactually do it?
AMPLE: I'm going to download a guided meditation app right now. And I'm going to lay out my workout clothes so they're the first thing I see then I wake up. Ow am I going to own the first hour at work? Other words, what's my most important task for tomorrow? AMPLE: I'm going to outline the first chapter of my book. AMPLE: I'm going to prepare my notes and practice leading the afternoon sales meeting. Vhat trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?		
other words, what's my most important task for tomorrow? KAMPLE: I'm going to outline the first chapter of my book. KAMPLE: I'm going to prepare my notes and practice leading the afternoon sales meeting. What trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?	(AMPLE: <i>I'm going to downl</i> e	
other words, what's my most important task for tomorrow? AMPLE: I'm going to outline the first chapter of my book. AMPLE: I'm going to prepare my notes and practice leading the afternoon sales meeting. What trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?		
other words, what's my most important task for tomorrow? AMPLE: I'm going to outline the first chapter of my book. AMPLE: I'm going to prepare my notes and practice leading the afternoon sales meeting. What trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?		
other words, what's my most important task for tomorrow? AMPLE: I'm going to outline the first chapter of my book. AMPLE: I'm going to prepare my notes and practice leading the afternoon sales meeting. What trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?		
Vhat trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage?		
What trigger will I put in place to make sure I actually do it? other words, how will I eliminate distraction and self-sabotage? KAMPLE: Right before I sit down to work, I'm going to turn off my phone and the Wi-Fi.	low am I going to	own the first hour at work?
other words, how will I eliminate distraction and self-sabotage?		
other words, how will I eliminate distraction and self-sabotage?	other words, what's my mo	est important task for tomorrow? It the first chapter of my book.
other words, how will I eliminate distraction and self-sabotage?	other words, what's my mo	est important task for tomorrow? It the first chapter of my book.
other words, how will I eliminate distraction and self-sabotage?	other words, what's my mo	est important task for tomorrow? It the first chapter of my book.
other words, how will I eliminate distraction and self-sabotage?	other words, what's my mo	est important task for tomorrow? It the first chapter of my book.
	other words, what's my mo	ost important task for tomorrow? If the first chapter of my book, If my notes and practice leading the afternoon sales meeting.
	other words, what's my modern words, what's my modern was made and the control of	put in place to make sure I actually do it?
	other words, what's my modern words, what's my modern words, what's my modern will in the control of the contro	put in place to make sure I actually do it? ninate distraction and self-sabotage?
	other words, what's my modern words, what's my modern words, what's my modern will in the campaign of the camp	put in place to make sure I actually do it? ninate distraction and self-sabotage?
	other words, what's my modern words, what's my modern words, what's my modern will in the control of the contro	put in place to make sure I actually do it? ninate distraction and self-sabotage?