



# 5 Daily Habits of Dr. Mark A. Ellis, Sr.

Pastor of United Christian Faith Ministries  
Retired VP of Sales and Operations at Pitney Bowes, Inc (Fortune 500)  
COO of Rainbow Push Coalition, Inc.

Ellis ends **each evening documenting his next day's priorities**. Noting things to be accomplished, things to be delegated, and things to be eliminated for his next day.

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When balancing multiple businesses and obligations that demand his dedication, Ellis **designates days and time for each responsibility**

Ellis has a **regular daily routine of fitness** either weight lifting or cardio centered exercise.

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Ellis gets 6- 7 hours of sleep because **sleep leads to clear thinking, more energy, and improved mood.**

Ellis balances out his busy schedule with dedicated time toward **reading educational and nonfictional works and enjoying music**

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## Books to Read

*Make Your Bed* by William H. McRaven  
*Rich Dad Poor Dad* by Robert Kiyosaki  
*The Psychology of Money* by Morgan Housel

## Podcasts or YouTube Channels

*The Table with Anthony Oneal Podcast*  
Myron Golden Youtube Channel  
*Social Proof Podcasts*