

MIND TRAINING SESSIONS

SUMMARY

10 Morning Habits Geniuses Use To Jump Start The Brain

The first 60 minutes can either set you up for maximum productivity and bring you closer to your long-term and short-term goals or cause you to lose another day to distractions and mental fog.

The ten-morning habits are:

1. Remember your dreams
2. Make your bed
3. Hydrate
4. Brush your teeth with the opposite hand
5. Deep breathing exercises
6. Brain Tea
7. Journaling
8. HIIT Workout [High-Intensity Interval Training]
9. Brain Power Smoothie
10. Read.

How you do anything is how you do everything.

Success breeds success.

What is good for your heart is good for your head.

Leaders are readers.

Remember, First you make your habits and then your habits make you.

Today's Action Step :

Pick at least one of these practices and add it to your morning routine.



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