



Aware Wolf Life Morning Protocol

“Win the morning. Command the day.”

Be **DETERMINED**. Stay **MOTIVATED**. Remain **PASSIONATE**



Wake Time

- **Weekdays:** 4:00 AM *Rise early, often before sunrise;* **Weekends:** 6:00 AM

Breath Before Thought (5 minutes)

- Begin with box breathing (inhale–hold–exhale–hold)
- Set intention: calm, control, awareness

Ground the Body (1 minute)

- Sit on edge of bed, feet flat on the floor, fold forward → **touch the ground (30 seconds)**
 - Focus on loosening the spine and hamstrings

Activate the System (3 minutes)

- Stand up
 - Quick full body stretches
- Perform a **full-body tap** (arms, chest, legs). Wake up the nervous system
- Wash the face and hands as symbolic purification. (Cool water on eyes and face)
- Make the bed!

No Input Rule (First 60 minutes)

- No phone; No news; No Games; No noise

 Protect your mind before the world gets access to it.

Hydrate

- Drink **minimum 8-16 oz water immediately;** *done before the morning coffee*

Meditation (10–20 minutes)

- Stillness, breath, awareness
- Anchor your mindset for the day

Journal Entry (5 Minutes)

- Set intentions
- Clear thoughts
- Reinforce discipline and purpose
- Gratitude (list at least (3) things you are grateful for
- What are the three most important thing I want to accomplish today for
 - The mind, the body, purpose/work

Daily Intention Statement (30–60 seconds)

Right after meditation or journaling:

- One clear statement: like, “*Today I move with discipline and clarity.*” Or “*I will be the wolf.*”

Prepare Fuel

- Start coffee
- **Transition into movement phase**

Cardio Training (20–30 minutes)

- Choose from Treadmill, Bike, Heavy Bag, etc.
- Maintain steady effort
- Build endurance and resilience
- **Hydrate: +16 oz water during workout**

Mobility & Stretching (10-20 minutes)

- Full-body stretch
- Focus on recovery, flexibility, and injury prevention

Reset / Self-Care

- Shower – Hygiene – Oral/Nasal Care
 - Cold shower finish or brief outdoor exposure
 - Builds: Stress tolerance, Mental toughness, Nervous system resilience
- *Transition from training → readiness*

Fuel the Mind & Body

- Coffee + breakfast
- **Read for at least 10 minutes**
 - Growth, philosophy, discipline

Posture & Alignment Check (1 minute)

Before you leave:

- Stand tall
- Shoulders back
- Chin neutral
- Deep breath

 You walk into the day like a leader—not reacting, but commanding.

Morning Light Exposure (2–10 minutes)

Regulates circadian rhythm, improves sleep, boosts mood and hormone balance.

- Step outside as early as possible (even if it's cold—especially for you)
- No sunglasses
- Just stand, breathe, observe
- If it's still dark outside, ensure that you do this once the sun comes up

