



Aware Wolf Life Morning Protocol



“Win the morning. Command the day.”

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

Wake Time

- **Weekdays:** 4:00 AM
- **Weekends:** 6:00 AM

No Input Rule (First 60 minutes)

- No phone
- No news
- No noise

 Protect your mind before the world gets access to it.

Center the Mind (5 minutes)

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

Ground the Body (1–2 minutes)

- 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 (1 minute)

- Stand up
- Perform a **full-body tap** (arms, chest, legs)
- Wake up the nervous system

Hydrate

- Drink **minimum 8-16 oz water immediately**

Meditation (10–20 minutes)

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

Journal Entry

- Set intentions
- Clear thoughts
- Reinforce discipline and purpose
- Gratitude (list at least (3) things you are grateful for)

Daily Intention Statement (30–60 seconds)

Right after meditation or journaling:

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

● Prepare Fuel

- Start coffee
- Transition into movement phase

🏃 Cardio Training (20–30 minutes)

- 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
 - 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

