

BY
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Life Savers

Spend 1 hour a day adding these to your routine. Feel free to adjust to your liking, this is just a guideline!

1 SILENCE
(QUIET TIME)

5min

2 AFFIRMATIONS

5min

3 VISUALIZE

5min

4 EXERCISE

20min

5 READ

20min

6 SCRIBE
(WRITING)

5min