

My daily routine

7:30 AM - 8:30 AM Wake up

Immediately after I wake up and use the bathroom (I don't want the distraction of a full bladder)

I don't use an alarm everyday, but when I do, I always set the thing a good 30 minutes before I need to get out of bed. I make the commitment to the first 30 minutes of my day preparing for it. **Set a second alarm 30-35 minutes ahead just in case.**

Gratitude Meditation - 10-15 minutes of complete gratitude and heart coherence.

Quantum Leap Meditation - I spend 15-20 minutes contacting my future ideal self (who has been there, done that, and is where I want to be) what I can do today to facilitate the journey to where Future Ideal Self (FIS) is. **Write down what my FIS told me.**

Get out of bed

8 - 9 am Coffee and Gratitude Journal

So basically I spend 30 minutes in bed meditating and cohering. If that's a word. But I don't get out of bed until I have consulted my FIS and have peace in my soul.

Dependent upon my schedule for the day, I schedule (for myself and my own growth and I DO schedule this dependent upon my appointments for clients):

Lifting (muscle training) 5x per week

Cardio (this can occur in the gym or, preferably, outdoors) 5x per week

Outdoors 1 hr at least every day

While I do tend to live in warm climates, I have lived the majority of my life in Chicago. No one in their right mind wants to go outside for a good 6 months out of the year (why I fricking moved to Costa Rica and Naples Florida), but whenever you can find a tolerable level of weather in the North, do go outside.

Barefoot on the earth 15 minutes a day.

Shower time - I Always bless and thank the water for its cleansing properties and visualise negativity being washed away down the drain. Shower or bath time is an ideal time for Gratitude, Heart Coherence meditations/visualizations. Make your shower/bath time a blessed, grateful experience. **I Do not ever waste my bath or shower time.**

Those are the **absolutes** for my day. The rest is dependent upon what else I have going on throughout the day.

Evening Routine

If I were to take a bath, it would be in the evening. What a perfect time to meditate and reflect upon the day.

A half an hour before sleep:

Revision Meditation

Here I listen to a guided meditation, or, I just listen to some Theta 8D or binaural beats. I go over my day and pick out what did not go according to plan. I then mentally revise said happening, so that, in my current reality, it DID go my way.

A revision meditation is included in the Power Routines chapter.

I then put on my sleep meditation and fall asleep..