

How I Flat-Out CRUSH Each Day (In the Morning)

www.AlexPardo.com/mentoring

Step 1: Set Yourself Up For Success

Get 6-8 hours of sleep

Eat Healthy & Exercise Daily

Wake Up Early!

TIPS:

Hop right out of bed when you first wake up

Put alarm clock on other side of room so you need to get up

Step 2: What To Do When You Wake Up

Thank God for a new day!

Splash cold water in your face, and drink a bottle of water

Exercise to get heart rate going (Cardio)

Step 3: Fuel Your Body

Reward your body with a HEALTHY Breakfast

Juice (Fruits & Veggies)

Pray

Read the Bible

1) Definite Major Purpose in Life (aka "Your WHY")

2) Goals

3) Affirmations

5 minutes of meditation/visualization (practice breathing exercises)

Step 4: Fuel Your Mind

Write down what you're grateful for!

Read Daily (I prefer the AM before I get to work)

The "Hour of Power"

Topics:

- Personal Development

- Marketing

- Business

- Real Estate

Step 5: TAKE ACTION!

Create your "To-Do" list the night before

Focus on "Revenue Generating Activities" FIRST!

The "Sprint" vs. the "Marathon"

Work for 1 Hr (total FOCUS), & take a 15 minute break;
Another 1 Hr, then 30 minute break