

*"Perfect Your Morning,
Transform Your Life"*

Master Your Morning

The 11 Daily Disciplines
To Create Your Perfect Day



*"Perfect Your Morning,
Transform Your Life"*

The Purpose

The way we start our day has an extraordinary impact on the rest of our day

When have the discipline to start each day off right & we do this every day, step by step we begin the process of putting our lives together

When you perfect your morning routine, you transform your life

1) Wake Up One Hour Before Sunrise

The Purpose

The time before sunrise is a very Holy time.
Spend this time connecting with God &
accomplishing your morning routine

Getting up after the sun unconsciously makes
you feel like you're already behind on the day



As long as you get enough sleep the night before,
you can never get up too early.

Try waking up at 5am and then experiment
with 4am & see how it feels for you

2) Keep Your Phone Off



The Purpose

We all know how distracting your phone can be, especially in the morning. And when we are checking notifications before we accomplish anything that day, we get a rush of dopamine from the notifications & not from our accomplishments

We are designed to receive dopamine after we accomplish rewarding tasks (meditation, yoga, working out, walking, work), and this sense of accomplishment after we have completed certain daily tasks is what gives us the motivation to accomplish more tasks in the future. But if we get all our dopamine from looking at notifications on the phone, we are subconsciously telling our body's & mind's we don't need to accomplish anything else that day, causing us to be hyper unproductive

3) Meditate



The Purpose

Meditating even just 5 minutes a day slows down our minds. Through daily meditation we practice dropping out of the mind & into the body, which is where we must be living from in order for us to be happy, healthy & fulfilled in life.

Take the elevator from your head & into your heart & allow your heart to lead your every moment of every day

4) Recite Your Affirmations



The Purpose

Affirmations allow us to reprogram our subconscious minds and self limiting beliefs that hold us back from actualizing our highest potential. Write down 7 affirmations and recite each one 7 times in a row while truly feeling the affirmation deep within your body in order to make it real for yourself

5) Make Your Bed



The Purpose

Before we accomplish anything, we often meet a wall of resistance. And when you make your bed every morning, it provides you with a sense of accomplishment & breaks through that initial wall of resistance making the next tasks that much easier to do

Discipline equals freedom. The more discipline you have the more freedom you will ultimately have. And making your bed is a super easy way to kick start your implementation of discipline throughout your day

6) Walk In Nature



The Purpose

Just 20 minutes of walking while fasted boosts mental clarity, burns fat, and gets your blood pumping allowing you to feel energied & awake without needing to drink caffeine

Waking up & drinking caffeine completely depletes your adrenals, which are the batteries in your body. Depleted adrenals create low energy, lack of focus, brain fog, stress & over all poor health

7) Tongue Scrape



The Purpose

Your tongue detoxes throughout the night while you are sleeping & fasting. When you wake up and scrape off the bacteria & toxicity from your tongue, it helps prevent bad breath & plaque from forming. Following it up with brushing your teeth keeps your mouth clean incredibly clean and refreshed. But the key is to tongue scrape and brush before you break your fast

If you don't tongue scrape you will be ingesting all that bacteria that has built up on your tongue throughout the night which creates health issues

8) Dryfasting & Fruit For Breakfast

The Purpose

Dry fasting is the practice of having 15 hour+ windows throughout your day where you don't consume anything, INCLUDING WATER.

When you eat food or drink any liquids, your body has to digest whatever you just consumed.

When you are constantly giving your body fuel without giving it a brake, that is synonymous with keeping your computer on 24/7/365 and never turning it off. It just wears down & starts running inefficiently after a while

Your body is self healing. When you get a cut, your body magically repairs it automatically.

If you create a healing alkaline environment, your body will heal any disruption or damage done to it, internally or externally. But you must first create the space for your body to heal itself.

We do this through dry fasting

Continued

The Purpose

Fruits are the most healing food in the entire world. Fruits have the more Prana (Life Force Energy) than any other food. They are alkaline, they are astringent, meaning they naturally absorb toxins, they are alkaline (which is the state we must be in for us to heal, an acidic environment is what causes your health issues & dis-ease), and they are non mucus forming

All food causes your body to produce mucus (except fruit), and mucus is the main culprit of the health problems we all face in life. Mucus leads to clogged arteries, a backed up endocrine system, a weak immune system, and overall poor health. When we eat fruit we create the perfect alkaline environment for our bodies to heal

9) Sunbathe & Sungaze

The Purpose

Sit in the sun after you eat as the sun will help you digest your food & helps with vitamin D production. Traditional sunscreens are filled with chemicals & carcinogens which cause cancer & other health issues. Your skin absorbs everything you put on it. So putting sunscreen on your skin is the same as drinking the sunscreen. And unless you have an all natural biodegradable sunscreen, you don't want to be drinking chemicals or putting that poison on your skin

The best form of natural sun protection is a natural tan, slowly building up your tan by increasing your time spent in the sun. Another all natural sunscreen is coconut oil, which has a natural SPF

Continued

The Purpose

When you expose your eyes to the morning sun through sun gazing, it sends a signal to your body to stop the production of melatonin, the sleep chemical & also starts the production of cortisol, which naturally energises your body & prepares you for the day ahead

This will inherently improve your sleep as well because it supports your body into it's natural circadian rhythm, which effectively is aligning yourself with the natural flow of the universe where you are fully connected with nature & Mother Earth

10) Take a Cold Shower



The Purpose

Cold exposure stimulates the vagus nerve & activates the parasympathetic nervous system which helps to reduce stress & boost your immune system. Cold exposure also helps you to wake up, it increases circulations, boosts weight loss, decreases the soreness in muscles & stimulates deep breathing

Continued

The Purpose

Make sure not to scrub your skin with soap as that will wash away all the vitamin D you just got from the sun bathing. Vitamin D from the sun takes 48 hours to absorb into the skin so make sure to just wash under your arms & genital region with all-natural soap and leave the rest of your skin alone

Your skin is also home to a lot of beneficial bacteria that keep the skin healthy & nourished & help produce vitamins on the skin. These good bacteria are our best friends. We don't want to kill them off everyday by scrubbing our skin

11) Play With an Animal



The Purpose

Animals teach us how to be present. It's very easy for us to start our every day in a serious mood & getting straight to work. But our mornings should be filled with presence, joy, bliss & a childlike sense of wonder

And the best way to activate this is by playing with animals.

Animals remind of us what life was like when we didn't have responsibilities and we could just play

Playing with animals is extraordinarily medicinal for your inner child and we should aim to do this on a daily basis

Overview

Do's

- 1) Wake Up One Hour Before Sunrise
- 2) Keep Your Phone Off
- 3) Meditate
- 4) Recite Your Affirmations
- 5) Make Your Bed
- 6) Walk In Nature
- 7) Scrape Tongue Before Eating
- 8) Dry Fasting & Fruit For Breakfast
- 9) Sunbathe & Sungaze
- 10) Take a Cold Shower
- 11) Play With an Animal

Dont's

1. Don't drink water upon waking up, practice dry fasting & break your fast with fruit
2. Don't drink coffee or caffeinated tea, your adrenals need to reboot, begin the journey of recharge & healing them
3. Don't turn your phone on for the first two hours of every morning
4. Don't mix fruits, eat one fruit at a time, wait an hour and then have another type of fruit
5. Don't use chemical sunscreen
6. Don't scrub skin in the shower & don't use chemical soaps