

# THE DAILY POWER FIVE

Protect your morning. Lead your day.

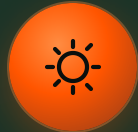


01

## Move Your Body

20 to 30 minutes before the noise. Walk, circuit, run, or lift. Move before emails and other people's agendas.

BEFORE THE NOISE



02

## Light & Environment

Get morning sunlight or a light therapy lamp. **10 to 15 minutes** sets your circadian rhythm, mood, and focus.

SET THE SIGNAL



03

## Fuel Yourself

**1g protein per lb of bodyweight.** No exceptions. Prioritize protein, healthy fats, and whole foods.

NO CHEAP FUEL



04

## Spiritual Practice

Prayer, meditation, breathwork, or reflection. **Be** who you need to be. **Do** what matters. **Feel** with intent.

BE · DO · FEEL



05

## Delayed Gratification

No phone or caffeine for **60 to 90 minutes** after waking. Your best cognitive window. Use it for what matters.

YOUR WINDOW



### It Starts the Night Before

FIVE MINUTES OF PREP

- Lay out tomorrow's clothes
- Pack lunch and snacks
- Lay out supplements
- Set the coffee maker
- Write your top 3 priorities

*5 minutes tonight saves 30 tomorrow.*