

- ① WRITE YOUR OWN 7 RULES on the other side.
- ② ~~#~~ WRITE A VALUE you hold based on that choice
- Here's a recap of my routine:
- ③ WRITE A MOTIVATIONAL STATEMENT to get you to do

RULE #1: Keep your phone away from your bed before you go to sleep.

(*This is a non-negotiable!)

RULE #2: When the alarm rings, get up.

RULE #3: Make your bed for yourself.

RULE #4: Dress for the person you want to be.

RULE #5: High five yourself in the mirror.

(*This is a non-negotiable!)

RULE #6: Awaken the five senses.

RULE #7: Decide what the one thing is that you're going to make progress on today.

(*This is a non-negotiable!)

this every day.

