

THE UNSTOPPABLE MORNING CHECKLIST



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Many people today are stuck, floating through life at the mercy of an unpredictable current. From the moment they wake up, they look at their phone and subject themselves to the demands and requests of other people. Immediately they become **anxious, stressed,** and **rushed**. As one highly-successful entrepreneur I interviewed said, a phone “is like a shock collar”, zapping people into a reactive state. They rush through the day feeling **busy** but end the day feeling like they **accomplished very little**. They wonder where the day went and how their to-do list grew, not shrank. This cycle repeats over and over. Their happiness suffers, their relationships suffer, they feel unfulfilled.

After interviewing world-class experts in sports, entrepreneurship, business, and creative fields, a common theme has emerged. They own their mornings. By creating a powerful morning routine, they unlock their best work, best days, and create a life they designed.

The purpose of this checklist is to help you take back control of your mornings so you can own your day and your life. In the simple checklist that follows is a proven guide compiled from the routines of world-class experts. With a simple and consistent morning routine your life will improve drastically in a very short time. You won't feel **rushed** and **anxious**. You'll be **calm, energized,** and **excited** for the day ahead. You'll create the life you've dreamed of.

RULES FOR THE MORNING

Your best mornings actually start an hour before you go to bed the night before. Here are what Olympic athletes do before nodding off for a body recovering sleep.

- ❑ No email, phone, or electronic screens 60 minutes before and after going to sleep.
- ❑ Write down your 1 to 3 biggest priorities you will accomplish tomorrow.
- ❑ Get 8 hours of sleep.
 - In order to be the best in the world, Olympic athletes prioritize sleep so they can recover as quickly as possible. Why should it be any different for you?
- ❑ Get a real alarm clock (aka not your phone) and keep your phone away from your bed. If your phone is by your nightstand, you'll be tempted to check it.
- ❑ Your morning should be broken up into 4 major sections:
 - Eat right
 - Move
 - Learn
 - Plan

MORNING ROUTINE CHECKLIST

Not all of these items are required for a successful morning so find out what works for you and implement them as you see fit. The goal is to make a repeatable process that allows you to prioritize your well being and take control of your day. Items that are a must include no electronics, no email, 8 hours of sleep, journaling, meditating and moving your body.

1.
8 HOURS OF SLEEP



2.
NO ELECTRONICS & EMAIL 1
HOUR BEFORE & AFTER SLEEP



3.
EAT RIGHT



4.
MOVE AND SWEAT



5.
LEARN



6.
MEDITATE



7.
PLAN, JOURNAL, &
REVIEW GOALS



8.
WORK ON A CREATIVE PROJECT



EAT AND FUEL RIGHT

For decades now we've been bombarded by what a complete and wholesome breakfast is. Cereal, orange juice, and stick-to-your-rib foods like pancakes and waffles. It's bull sh*t of the highest degree. These foods are just sugar injections into your bloodstream that will hit you with a major sugar crash in 1 - 2 hours. Your goal is to eat protein-rich foods with healthy fats to leave you feeling fuller, longer with plenty of long-term energy for the day. Sorry Captain Crunch but you've been dishonorably discharged from your command over the breakfast table.

☐ **FIRST THING FIRST: HYDRATE WITH WATER, SALT, AND LEMON.**

- When you sleep you exhale water vapor and depending on the warmth of your bed and room you sweat, effectively dehydrating your body through sleep. It sounds crazy to drink a salty morning drink, but salt helps to retain water faster and more effectively. Make this morning drink and hydrate!
 - 12 ounces room temp filtered water
 - ¼ of a lemon squeezed
 - 3 grams sea salt or Himalayan sea salt

☐ **30/30 RULE:** eat 30 grams of protein within 30 minutes of waking.

- Great protein-rich foods include Greek yogurt, cottage cheese, pasture raised eggs, bacon, and high-quality sourced protein powders.
- Check the end of this PDF for 2 simple and incredibly tasty protein packed recipes.

☐ **COFFEE DRINKERS:** hold off on downing your first cup until after eating. This helps slow the release of caffeine into your bloodstream so you don't have a caffeine spike and crash.

☐ **LOW CARB:** Go easy on the carbs to avoid the carbo-load crash mid-morning. Stick to the protein-rich foods.

MOVE

Wake your body, wake your mind.

This doesn't have to be much and is not intended to be your primary workout for the day. The goal here is to just get the blood flowing and your body warmed up which will help you awaken your hazy mind from your deep slumber. Walk your dog, play with your kids, or do a little yoga. If you're looking for some simple body weight exercises, follow the routine at the end of this PDF.

LEARN

Time to get inspired, energized, and motivated for the day ahead. There are so many great resources out there today your options are endless. Read a book, listen to it on Audible, or listen to a podcast. This can be done while working out which is even better...two birds, one stone!

PODCAST LIST:

- *The Joe Rogan Experience* - Health and fitness, business, and all sorts of great topics
- *The Tim Ferriss Show* - Health and fitness, business, and interesting interviews
- *Aubrey Marcus Podcast* - Health and fitness
- *Building a Story Brand* - Inspiration for the entrepreneur and business owner
- *How I Built This* - Inspiration for the entrepreneur

PLAN YOUR DAY

Every expert I've interviewed has been incredibly diligent about planning their day. Whether it's a deep journaling session or a quick review of the day ahead they make sure to schedule and own their day, otherwise they'll get owned by their day.

Most people are distracted by their phones, TV, and other people's priorities and agendas from the moment they wake up. This sets them up for a distracted, stressed, and rushed day. By planning your day out thoroughly in the morning, when you're thinking is clearest and your willpower is strongest, you will make the best decisions for what you will accomplish that day. When you undoubtedly become distracted by emails, texts, and other people's requests throughout the day and feel yourself veering off course, refer back to your daily plan. It's a simple, effective, and incredibly powerful tool for making major leaps forward.

Below is a simple format for how you can structure your daily planning along with a template:

- **START WITH WHY:**
 - *"The bigger the 'why' the easier the 'how'."* – Jim Rohn
 - Why are you doing all this work? Who are you doing it for?
- **GOAL REVIEW:**
 - What 3-5 short-term or long-term goals are you working towards?
 - Write these goals in the affirmative. When you imagine who you are, the world conspires to make it happen.
- **BIG 3:**
 - What 3 things will you do today that gets you closer to your goals?
 - No matter what, stick to these 3 things.
- **PLAN YOUR DAY:**
 - When you schedule your day you stick to it. When you veer off course, refer back to your plan.

DAILY PLANNER:

Your Guide To World-Domination & A Great Life!

Start With Why.

What/Who Are You Doing This For?

3–5 Short-term or Long-term Goals Written In The Affirmative.

(Ex. I am a millionaire, I am a loving husband/wife, I ran a marathon under 3 hours, etc.)

Today's Big 3.

(What 3 things will you accomplish today that gets you closer to your goals?)

Today's Master Plan

(If you schedule it, you do it. If you schedule it, you stay on track.)

7:00

8:00

9:00

10:00

11:00

12:00

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

EASY PROTEIN PACKED EGG BAKE



This baby has it all: protein, cheese, bacon, veggies, and it's low carb for long-term sustained energy and to pack on the muscle. Save the leftovers for the workweek and pop it in the microwave for a minute and it's ready. It couldn't be easier.

This dish is super versatile so add or substitute anything you would like. Mushrooms, green bell peppers, cilantro, other types of cheese, breakfast sausage, whatever you want. Add some spices like cumin for flair. Go wild.

SERVINGS

8

PREP TIME

15 Mins

COOK TIME

25 Mins

INGREDIENTS

12	EGGS WHISKED AND BEATEN
¼	CUP MILK
2	HANDFULS OF SPINACH CHOPPED (NO SCIENTISTS REQUIRED HERE WITH SPECIFIC MEASUREMENTS)
½	POUND OF BACON CHOPPED
½	ONION DICED
1	RED BELL PEPPER DICED
1	JALAPENO PEPPER MINCED
½	CUP CHEESE SHREDDED
1	TABLESPOON CHOPPED GREEN ONIONS FOR TOPPING
	SALT AND PEPPER TO TASTE

DIRECTIONS

Preheat oven to 350.

Cook chopped bacon in a pan until crispy. Remove to a bowl and drain excess fat.

Cook onion, red pepper, jalapeno until soft and slightly translucent. Season with salt and pepper.

Add chopped spinach for 1 minute until it wilts slightly.

Remove veggies and place in bowl with the cooked bacon.

Whisk eggs and milk in a separate bowl.

Grease the baking dish with non-stick spray.

Pour whisked eggs into veggie and bacon bowl and incorporate them. Pour mixture into greased baking dish.

Top with cheese.

Bake for 25 minutes until eggs are firm.

MORNING FUEL GREEN SMOOTHIE



This is the best morning smoothie ever. It's packed with veggies, punched up with healthy fats to keep you feeling full, low in sugar, and packed with over 18 grams of protein. It's the perfect combination to fuel your morning workouts. It even has a ton of greens. (Your mom would be so proud you finally learned to eat your greens!)

Best of all it's incredibly simple to make. Greens, a banana, avocado, milk, and protein powder is all you need. Throw it in a blender and you are on your way.

SERVINGS

1

PREP TIME

5 Mins

INGREDIENTS

1	CUP UNSWEETENED VANILLA ALMOND MILK
3	TABLESPOONS PROTEIN POWDER
1	BANANA
2	HANDFULS OF SPINACH AND KALE
½	MEDIUM SIZED AVOCADO
½	CUP ICE

DIRECTIONS

Dump all ingredients into a blender. Pulse and blend until completely smooth.

Enjoy immediately and feel proud you ate some greens.

7 MINUTE WORKOUT

30 SECONDS EACH EXERCISE, 10 SECOND REST IN BETWEEN EACH EXERCISE, RINSE AND REPEAT...

1. JUMPING JACKS



2. WALL SITS



3. PUSH-UPS



4. CRUNCHES



5. CHAIR STEP-UPS



6. SQUATS



7. TRICEPS DIPS



8. PLANK



9. RUNNING IN PLACE



10. LUNGES



11. PUSH-UP WITH ROTATION



12. SIDE PLANK

