

MORNING RITUAL CHECKLIST

WIN THE MORNING. WIN THE DAY. HIT ALL 4 P.I.E.S. WITH EVERY SUNRISE.

PQ

PHYSICAL RITUAL:

EX: *Drink liter of water upon rising • Workout for 60 minutes • Have green juice • Coffee • Stretch*

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IQ

MENTAL RITUAL:

EX: *Read for 30 min • Review today's priorities • Plan my day • Brainstorm ideas*

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EQ

EMOTIONAL RITUAL:

EX: *Listen to Dean Bokhari's Meaningful Show • listen to inspiring audiobook • Text one person I care about • Visualize a successful day (or week, month, year, life, goal, etc.)*

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SQ

SPIRITUAL RITUAL:

EX: *Nature walk • Pray • Meditate for 10 min • Journal • Reflect on 3 things I'm grateful for*

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db

DEAN BOKHARI

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