

ANDREW HUBERMAN'S MORNING ROUTINE

Wake up early

Waking up early, around 5:00 or 6:00 am helps you feel more energized and focused throughout the day.



Hydrate

Adding some lemon juice or apple cider vinegar to the water alkalizes the body and improves gut health.



Stretch

Spend a few minutes stretching to improve flexibility, reduce muscle tension, and increase blood flow.



Fuel up with a healthy breakfast

A healthy breakfast (eggs, avocado, and whole-grain toast...) will provide sustained energy throughout the day.



Journal

Journaling can help you improve self-awareness and mental clarity.

Get exposure to natural light

This can help to regulate the body's internal clock and improve overall mood and energy levels.



Meditate

Practice for at least 10 minutes every morning to help reduce stress and improve mental clarity.



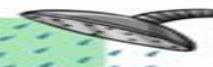
Exercise

Engage in some form of physical activity to help improve overall fitness and energy levels.



Cold exposure

Taking a cold shower improves circulation, reduces inflammation, boosts metabolism, and guards your health against cold weather.



Set and review daily goals

Review your goals at the end of the day as a way to reflect on progress and identify areas for improvement.



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Knowing What You Think About Is Where You Will Go Jairo Hernandez,2022-12-14 Do you ever wonder why you immediately give up on something when a plan does not unfold exactly as you wanted it to Perhaps you see other people achieve their goals quickly and easily leaving you frustrated and wondering why you can't achieve yours You may be starting to wonder whether there is a better easier more effective and more fulfilling way to achieve them If this sounds like you then this book is for you revealing compelling tools and strategies to help you live an extraordinary life You will understand how the power of thoughts within a belief system can directly affect your decision making process Assist you in identifying your limiting beliefs in order to remove the negative mindset from your approach to goal setting and achievement Discover scientific studies proving that you can transform your thoughts to work for you rather than against you Gain the knowledge that will open your mind moving from a negative to a positive thought helping you design a roadmap to achieve your goals much faster This is not just about goal setting It is about Knowing What You Think About is Where You Will Go to discover The impact of our belief system can affect goal attainment How to transform limiting beliefs into unlimited potentialities How to make a plan that you can stick with The value of creating a morning plan Your very own 7 way action plan to achieve your success Isn't it time you started to take control of your success in life When you grab a copy of this book you will get free access to your downloadable Master Plan for Life Journal The journal is an in depth step by step guide with tools and strategies to help put your goals dreams and aspirations in motion faster so you do not have to start from scratch Perfect for journaling that goes along with the book chapters to track your progress Jairo Hernandez is a 20 plus year military veteran who has mentored thousands of military members He used these same strategies to empower the teams he led to make transformational changes personally and professionally during peace and wartime

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[Network World](#), 1997-09. For more than 20 years Network World has been the premier provider of information intelligence and insight for network and IT executives responsible for the digital nervous systems of large organizations. Readers are responsible for designing, implementing and managing the voice data and video systems their companies use to support everything from business critical applications to employee collaboration and electronic commerce. [Harper's New](#)

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