

High-Performance Morning Checklist



A 5-step ritual to start the day with clarity, energy, and momentum



Activities



Step 1 - Hydrate before you stimulate (2 minutes)

Drink a full glass of water before your first coffee. Add a pinch of salt if you train hard. Dehydration is the most common cause of morning brain fog



Step 2 - Move your body (10 minutes)

Walk, stretch, do bodyweight exercises, or train — whatever fits your morning. The format doesn't matter. The signal does: you've started, your body is awake.



Step 3 - Get sunlight in your eyes (5 minutes)

Step outside, sit by a window, or take a short walk. Aim for 5-10 minutes of direct outdoor light within the first hour of waking. Morning sunlight resets your circadian rhythm.



Step 4 - Review the three priorities (3 minutes)

Clarity is the multiplier. Most people start the day reacting to whatever arrives in their inbox. You start it knowing exactly where your attention should go.



Step 5 - One focused block (60-90 minutes)

Willpower, cognitive sharpness, and focus are all at their peak in the first 2 hours of the day. Spending that on someone else's emails is the most expensive trade you can make.



Why it matters:

The first inputs of your day program your nervous system for the next 12 hours. Start with someone else's chaos and you spend the day reacting. **Start with your own intentions.**

