

YOUR MORNING IS NOT AN ASSIGNMENT.

YOU DON'T NEED A TWELVE-STEP MORNING ROUTINE.



Wake up at a time that works for you.
The 4 a.m. club can meet without you.



Work out when it works for you.
The gym is open after breakfast.



Journal if you want to.
The page can wait.



Meditate anytime.
It does not expire at breakfast.



Read one page. Read ten. Read later.
The book will still be there.



Drink plain water.
Lemon is optional.



Track it if you want to.
You don't have to keep a streak.



Cold plunge. Or don't.
A good day doesn't require ice water.

YOU CAN START A SECOND BUSINESS AFTER BREAKFAST.

Do what makes sense for you. You can change it anytime.
Their morning routine is not your assignment.