

MORE. *ning* ROUTINE



M
MOVE

MOVE your body to elevate metabolism, increase brain function, more focus, more energy, reduce stress, & improves overall well being.

Duration:

O
OPEN

OPEN your mind, heart, & soul with meditation or prayer so you can empty out the garbage & then intentionally fill back up with good stuff

Duration:

R
REVIEW

REVIEW your goals, commitments, & to-do list to build a prioritized day

Duration:

E
EDUCATE

EDUCATE yourself by consuming good content through books, podcasts, audio books, videos, online courses, articles, or blogs.

Duration: