

Millionaire Routine

- 1. Wake Up (6:00 AM):** Begin your day by setting your alarm to an inspirational podcast or audio to kick-start your morning with positivity and motivation.
- 2. Morning Routine (6:15 AM - 7:00 AM):**
 - Practice gratitude: Take a moment to reflect on what you're thankful for.
 - Exercise: Engage in a morning workout session, whether it's cardio, strength training, or yoga.
 - Healthy breakfast: Fuel your body with a nutritious breakfast comprising whole foods, fruits, and protein.
- 3. Goal Setting (7:00 AM - 7:30 AM):**
 - Review goals: Reflect on your short-term and long-term goals and visualise your desired outcomes.
 - Plan your day: Create a to-do list or schedule for the day, prioritising tasks aligned with your goals.
- 4. Personal Development (7:30 AM - 8:00 AM):**
 - Read or listen to personal development material: Dive into a book, audiobook, or podcast focusing on personal growth or mindset development.
- 5. Work/Productive Time (8:00 AM - 12:00 PM):**
 - Focus on high-priority tasks: Tackle important tasks during your peak productivity hours.
 - Take breaks: Incorporate short breaks to recharge and maintain focus.
- 6. Lunch Break (12:00 PM - 1:00 PM):**
 - Enjoy a healthy lunch to refuel and relax before the afternoon.
- 7. Afternoon Work (1:00 PM - 5:00 PM):**
 - Continue working on tasks, attend meetings, or engage in networking opportunities.
- 8. Evening Routine (5:00 PM - 8:00 PM):**
 - Exercise or leisure activities: Participate in physical activity or hobbies to unwind.
 - Dinner: Share a balanced dinner with loved ones, focusing on mindful eating and conversation.
 - Relaxation: Spend time relaxing with meditation, reading, or quality time with family.
- 9. Night Routine (8:00 PM - 10:00 PM):**
 - Reflect on the day's accomplishments and challenges, expressing gratitude.
 - Wind down: Prepare for sleep by limiting screen time and practising relaxation techniques.
 - Mental imagery or affirmations: Visualise your goals and affirm your belief in their attainment.
- 10. Bedtime (10:00 PM):** Aim for a consistent bedtime to ensure adequate rest for the next day.



Kingsriver

Your Path to Property Excellence Starts Here

"Make each day count!"
