



# MORNING SYSTEMIZATION AND DAILY ACTION PLAN

Commit to following this action plan every day to systemize the process of becoming more focused and productive. Just 1 of 5 free tools at [joshuaseth.com/focus](http://joshuaseth.com/focus)

## Morning Systemization



Plan out your morning in advance and eliminate those decisions from your morning routine.

1. Tomorrow morning I will eat \_\_\_\_\_
2. Tomorrow I will wear \_\_\_\_\_
3. Tomorrow I will do (list the 1 most important thing) \_\_\_\_\_



## Mental / Emotional

Today I am grateful for (list 3 things)

- 1.
- 2.
- 3.



## Social

I will limit my social media time today to \_\_\_\_\_ minutes

## Physical

I will do the following good things for my body today...

- Drink water (no other drinks)
- Eat no processed or refined sugar
- Walk at least 10,000 steps



## Extra Credit

Listen to [the relaxation meditation audio](#), breathe deeply, and focus internally on living in the present moment, letting go of what you cannot change, and creating greater value in your life and the lives of others.



**To Claim Your Free Bonuses Text FOCUS to 66866**