

BIOHACK YOUR MORNING

MASSIVE BUSINESS GROWTH WITH
MINIMAL EFFORT

Quick **1** HOUR
Routine

A silhouette of a person in a suit stands on a balcony, looking out over a cityscape at sunrise. The sun is low on the horizon, casting a warm glow over the buildings. The person's shadow is cast on the floor in front of them.



Morning Routine Hack Sheet



BIOHACKING ENTREPRENEUR™

HELPING YOUNG FOUNDERS AND
ENTREPRENEURS ACHIEVE SUCCESS

**Cheat Sheet to Biohack Your Morning
Routine for Massive Business Growth
with Minimal Effort**

(Total time required 1 hour)

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Meditate – 10 mins

For the driven entrepreneur who focuses all of their attention and becomes deeply involved in their work, yet leaves it all at the door when they move to the next task, and pushes the limits of their mind and body's effectiveness, meditation is an invaluable asset.

There are dozens of different meditation forms and techniques and it is fairly subjective and dependent on the individual as to which is best. Today we will be focusing on a technique that provides the proven benefits of meditation as quickly and efficiently as possible. This is a very easy technique that is recommended for beginners by multiple meditation experts.

Here are some quick meditation hacks to get setup and then play the below free guided meditation video. (10 min)

- **Step One: Find a comfortable, stable place to sit**
- **Step Two: Begin by relaxing your body**
- **Step Three: Focus on your breathing**
- **Step Four: Let the rest of your attention observe your thoughts and sensations as they arise**

https://www.youtube.com/watch?v=6p_yaNFSYao



Work to practice the mindfulness you experience during meditation throughout the day. Once you feel comfortable being present and mindful of your thoughts and sensations during meditation, you can utilize these skills in a less clinical form of meditation. Many of the top entrepreneurs of our day practice some form of daily meditation on their goals during the “golden hour,” the first hour after one wakes up, as our minds are clearest after a night of hard work de-cluttering.

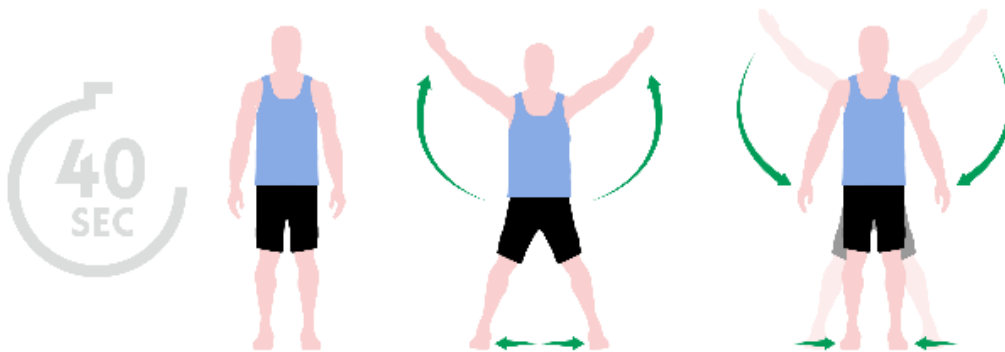
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Exercise – 20 mins

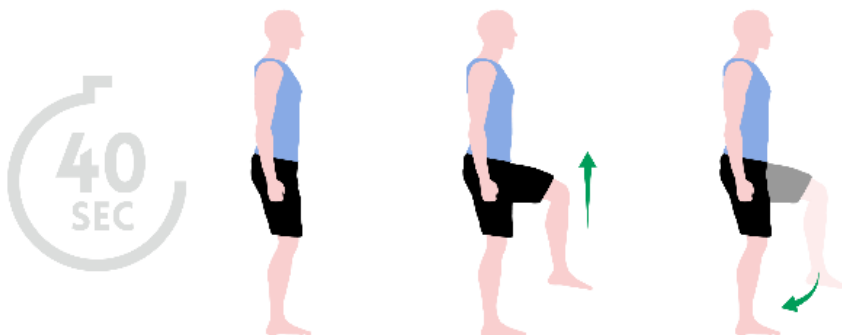
Exercise is an important aspect of the biohacking entrepreneur's life. Not only does the related weight loss/control reduce the risk of certain obesity related diseases, but a consistent workout plan has been shown to slow cognitive decline, increase brain power, and boost energy (among many other health benefits). On top of this, even a simple workout routine demonstrates and practices an important quality of a successful entrepreneur: being outcome driven and taking care of "business" effectively.

Start slowly and make sure you understand proper technique and posture. Put 20 mins on your phone timer and start your workout, rest as necessary.

100 Jumping Jacks

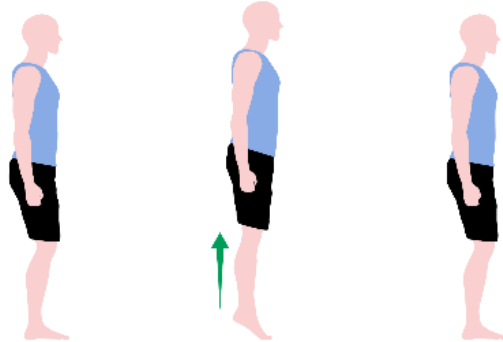


90 Knee Lifts

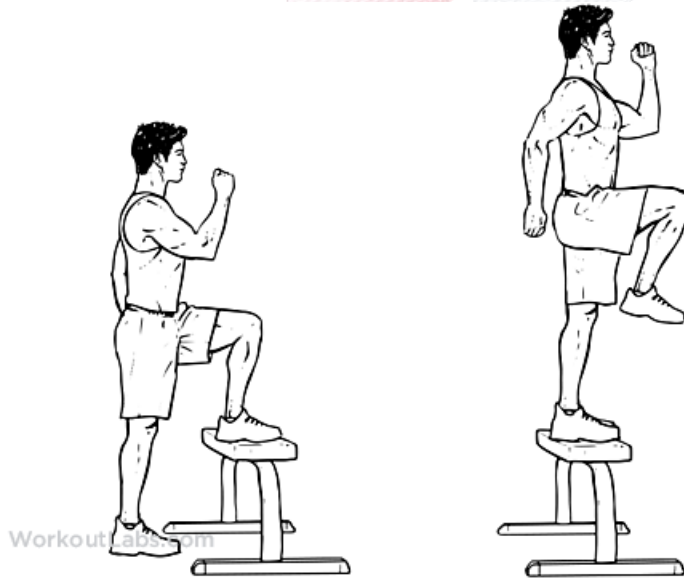


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80 Calf Raises

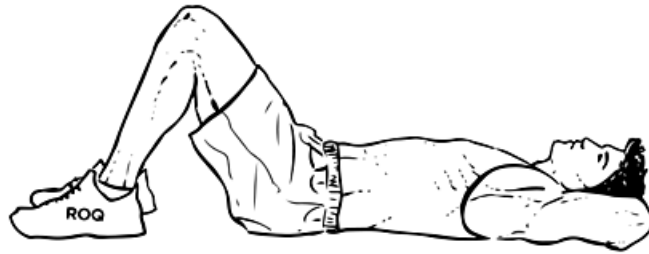


70 Step-ups



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60 Crunches



50 Lunges

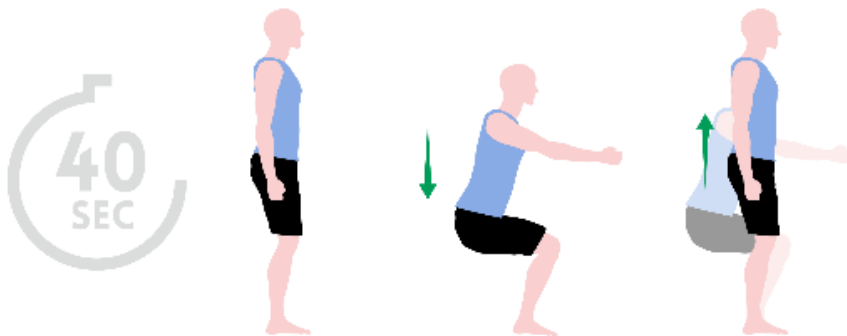


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40 Skaters

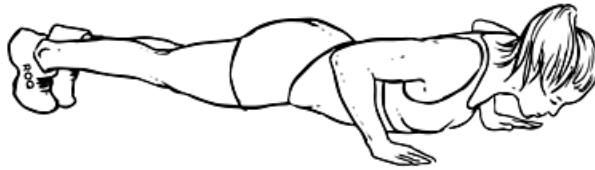
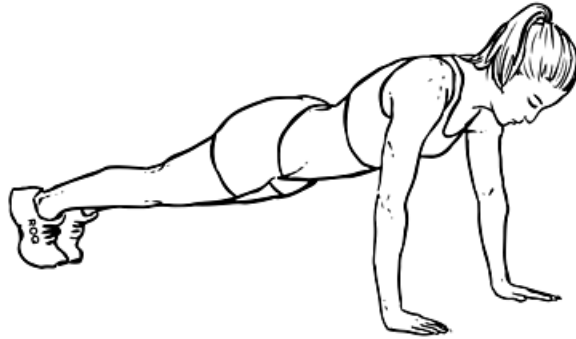


30 Squats



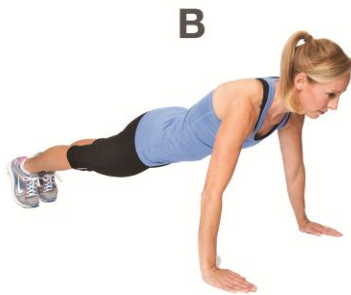
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20 Push ups



WorkoutLabs.com

10 Burpees



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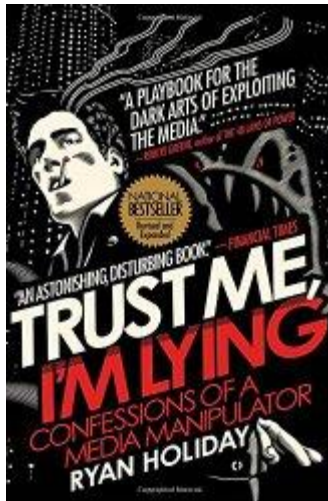
Personal Development– 20 mins

The entrepreneur who reads more is able to expand his mind, hack his self-development, increase business knowledge, learn new marketing strategies, goal achieving and so on. Reading just 20 minutes a day allows you to be more successful in business.

A word of caution, I don't think you become a great entrepreneur if you have read books, these are just advice and tools that you will use to build your product or service, remember it is the action you take today that will result in your success.

These are some of the books we have personally read and have gained a lot. In fact, these are some of the books that can be "loosely" called our course material. Here are 10 books we recommend to every entrepreneur. Pick one and start reading today.

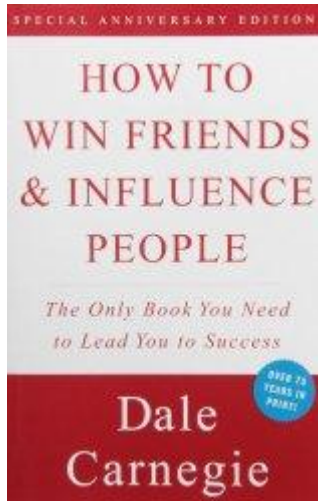
1. [Trust Me I'm Lying](#) by Ryan Holiday



In this book Ryan Holiday is uncovering the media news cycle and blogs that control and distort the news. In this book, Ryan explained exactly how media really works. In this book, you can learn how businesses can manipulate the blogosphere in order to get 'credible' publications to cover them. It is wise to know all information and techniques mentioned in here. It is upon you what you are doing with it. I'd say this is a must read business book for entrepreneurs.

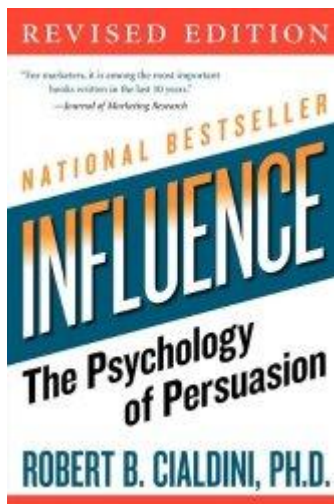
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2. [How To Win Friends & Influence People](#) by Dale Carnegie



This book is full of golden advice and recommended to every entrepreneur, in fact, pretty much anybody looking to be successful in anything. This book teaches you the specific ways with which you can communicate and empathize with everyone. Have you ever thought or wondered how and why some people are handling people in terms of social and work situations? If yes, then this book is for you. Another must read book for every entrepreneur.

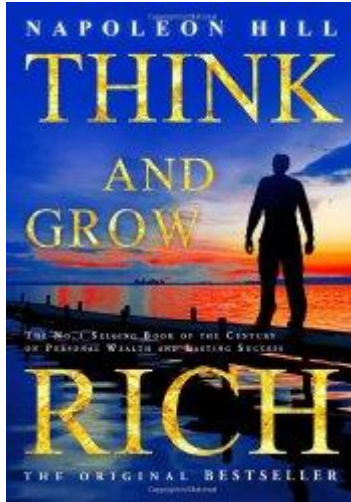
3. [Influence: The Psychology of Persuasion](#) by Robert Cialdini



This is a classic book on the psychology of persuasion. In fact, I can say most well-known and influential book on persuasion. Influence and persuasion are always required in business and marketing, especially when creating smart campaigns or product selling message. Read this book and become persuasive in business and everyday life.

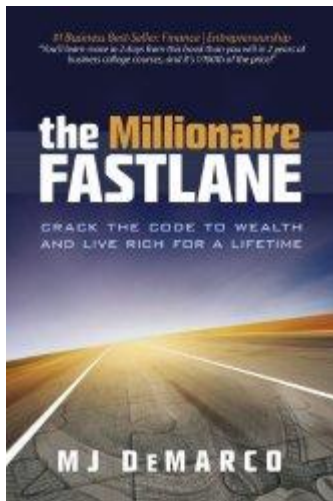
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4. Think & Grow Rich by Napoleon Hill



This book will help you get the mindset that you really need in business or entrepreneurship career. It will change your attitude towards money and expenditure and the way it works. This book shows you that the hardest thing to do is to think, thus, if you captivate your mindset to the right thing in a right way then growth is not difficult. Highly recommend and must read as it is the best business mindset books out there.

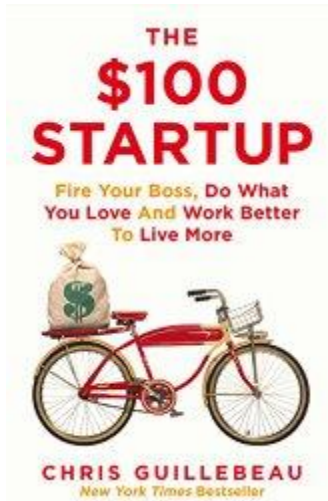
5. The Millionaire Fastlane by MJ DeMarco



This book gives the similar message as of [Rich Dad Poor Dad](#). Book tells you on how people must decide which path in life they want to take. MJ DeMarco explained the category or path in life you want to take in a very simple language. He categorizes the path as Sidewalk, Slowlane and Fastlane. Must read for anyone.

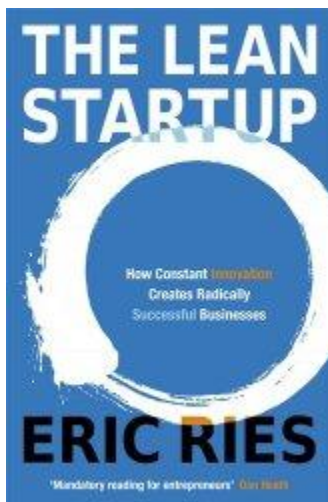
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6. [The \\$100 Startup](#) by Chris Guillebeau



This book shows you that to start a startup or business under \$100 is possible. This book mentions many people and startups who started their journey with limited money and resources. It is the best book if you want to learn how to start and validate your startup with limited money and resources. Another must read book for any aspiring entrepreneur.

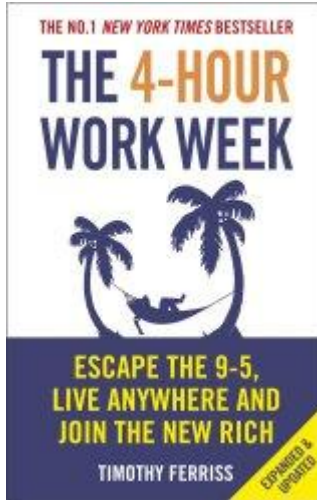
7. [The Lean Startup](#) by Eric Ries



There are tons of valuable strategies and tactics in the book to make sure your startup succeeds. Book shows the new approach and the way today's businesses and startups are built and the products are launched. It tell you how to find out what your customer really wants. Read this book before you start any startup or build any product for your customer.

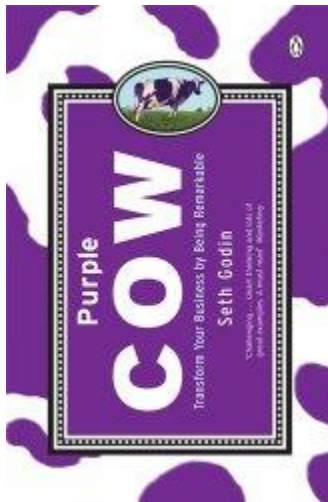
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8. The 4 Hour Work Week by Timothy Ferriss



This book teaches you how to manage time, be more productive and become wealthy. This book tells you exact step by step action plan for eliminating non-essential work, automating the things. As an entrepreneur, you must be productive and outsource or delegate your unproductive task so you can focus on the bigger picture. This book is like a blueprint. Super famous book and must read books for entrepreneurs.

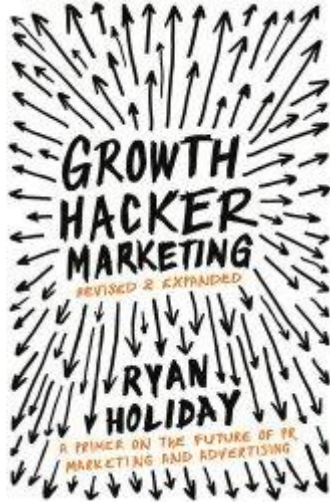
9. Purple Cow by Seth Godin



This book shows how you could be unique, remarkable and awesome. Seth always has different and unique approaches and this book is another example of this. It shows you how to do normal things extraordinary well. This book does inspire you to think about your own ideas on how you and your business can be remarkable.

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10. [Growth Hacker Marketing](#) by Ryan Holiday



This book is must read for any entrepreneur, marketer or startup founder. You will find some amazing ideas on how to market your product when you have got a marketing budget of zero. This book shows you how tech startups reach to thousands, millions of the customers with little or no marketing budget that is impossible to accomplish using conventional marketing. Must read book for any entrepreneur, marketer or startup founder.



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Daily To-Do List – 10 mins

No matter what you love, turning it into a business or an idea that impacts the world around you will require you to complete some tasks that you do not like doing. This is why your level of commitment plays such a large role in your level of success. . This daily action plan review is meant to drive results towards your goals by asking outcome-focused questions, keeping track of commitments, and helping organize the tasks that still need to be completed.

Decide on three things that you want to achieve before you die. Then work backwards listing three things you want in the next twenty years, ten years, five years, this year, this month, this week and finally, the three most important things you want to accomplish today.(10 Mins)

Write down your goal (in as few words as possible):

Make Your Goal Personal (Start with the Why)

TED talk based on [teachings of Kelly McGonigal](#), Stanford University psychology professor, “If you want to quit smoking, ask why do you want to quit? Then, if you want to quit for your health, ask why do you want good health? Then, if your answer is to be alive long enough to meet your grandchildren, ask why do you want to meet your grandchildren?”



Why do you want _____?

Why do you want _____?

Why do you want _____?

Rewrite your goal in such a way that the progress can be measured, making it as specific and detailed as possible and include a deadline:

e.g. Instead of, “Make a successful website”, try “Reach 6,000 unique visitors by the end of the first month.”



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Incorporate actions, not just outcomes, in your goal. Set specific times for these actions and write down at least 3:

e.g. "Reach 6,000 visitors" → "Reach 6,000 visitors by promoting through social media for one hour every weekday, providing content for related websites once a week, and starting a giveaway sweepstakes for new subscribers on Monday."

1.

2.

3.

List the reasons you believe your goal is attainable. If it is not realistic, revise your goal. Identify potential obstacles and list the resources you will need to overcome these obstacles and achieve the results you are aiming for:

e.g. We believe reaching 6,000 unique visitors in the first month is possible based on the success we have seen driving 6,000 unique visitors from social media and search engine traffic to another site we have worked on. We will not be able to accomplish this goal if we are not able to get enough time away from our current marketing business, so we must ensure that our business partner takes over XYZ responsibilities until we reach our goal for this website."

Start with one goal. Once you begin measuring substantial progress towards this goal, then feel free to fill this worksheet out again.

Review the goals and actions you listed on the goal setting worksheet, as well as the previous days review and ask the following questions:

Have I completed all of the tasks and achieved the results I committed to for the pervious day?



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If I have not, how will I ensure that the tasks/results are not delayed again?

When will I complete the past due tasks without taking away from the tasks I have to complete today? Is it still possible to achieve the final results of the project by the deadline with this delay? If not, how will I adjust the projection and/or deadline to be attainable?

Pull together any paperwork or emails related to the project that have not been filed yet and complete the following tasks:

Does this require action? If yes, when will I complete that action?

If not, file away in the appropriate place.



Review your goal setting worksheet, as well as your calendar for the next week and ask the following questions:

Are there any milestones or big presentations/meetings today? Am I prepared for them? If not, how will I prepare for them?

Do all tasks and projected results for the upcoming day have a deadline and a detailed plan of action? If not, create one.

Are there any additional resources I need in order to complete the tasks/achieve the results I have committed to for this upcoming day? If yes, how will and when will I obtain these resources?



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Know when to take a break and schedule them now.– 10 mins

We're all guilty of either working too hard, feeling bad for not working as hard as others, or, of humble-bragging about how "busy" we are and how hard we're working all the time. But when this work is your passion, it's not so easy to completely shut things down.

Short five minutes breaks away from the computer can have a noteworthy impact on anyone's level of concentration, and also help get rid of the fatigue accumulated while staring at a monitor. While most people know that taking a break is useful, very few take the time off to do something else other than checking their Facebook.

To make sure you respect your deadlines and follow your to-do list, use the Pomodoro technique. That's a time management method developed by Francesco Cirillo in the 80s. Using a timer, you can break down tasks into a maximum of 90 minutes interval, separated by five minutes breaks. Once a task is completed, you can take a break and go to the next task after.

There are many Pomodoro applications available for Mac, Windows or even smartphones. A select few are listed below:

Mac OS Applications

[focus booster](#)

[Zen Timer - Gorgeous Pomodoro™ Timer](#)

[Pomodoro One](#)

Windows OS Application

[focus booster](#)

[TomatoCapsule](#)

[Pomodoro Timer: Let me Focus](#)

iPhone App

[Focus Keeper Free : Work & Study Timer](#)

[Be Focused - Focus Timer & Goal Tracker for work](#)

Android App

[Timesheet - Time Tracker](#)

[Clockwork Tomato](#)





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Questions or Comments? Let us know at moe@biohackingentrepreneur.com
Also, follow us on Twitter @biohacksuccess to get more exclusive guides and tips like this on creating your next empire and achieving massive success.

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