THE SPARTAN MONK

A 15-MINUTE MORNING ROUTINE.

Six Simple Activities.

ELEVATED MOOD

IMPROVED HEALTH

MAXIMIZED FOCUS

INCREASED STRENGTH

A WWW.CONQUER.TODAY EXCLUSIVE.

Complete these powerful tasks

every single morning to

drastically upgrade your mind,

body, and lifestyle over time.

COLD THERAPY.

Take an ice cold shower for a flood of endorphins to combat depression and elevate awareness.

PERFECT 10 MEDITATION.

Close your eyes, count 10 slow, deep breaths, and clear your mind of thoughts for lowered stress and improved calmness.

STRENGTH.

Complete as many burpees as you can in a row without stopping to build discipline and power.

TRIPLE GRATITUDE.

Verbally name three things you are grateful for and why to increase contentment and confidence.

THE TARGET.

Write down your one goal you must accomplish today in order to make progress on your long term vision for maximized efficency and focus.

FUEL UP.

Consume ice cold water and at least 25 grams of protein for an increase in metabolism and fullness.

Use the calendar below and mark an X for each day you complete your entire morning routine. Don't break the chain.

MY SPARTAN MONK MORNING.

Visit www.conquer.today for more mind, body, and lifestyle upgrades.