

MY DAILY ROUTINE

4:30 AM

FIRST ALARM SOUNDS.

4:45 AM

SECOND ALARM SOUNDS. I GET UP. BRUSH TEETH. PUSH PLAY AND LISTEN TO MOTIVATIONAL MESSAGES WHILE I PUT ON MY WORKOUT CLOTHES, A LITTLE MAKEUP (DEFINITELY MASCARA), AND FIX A PONYTAIL.

5:10 AM

I'M IN THE KITCHEN TAKING VITAMINS, EATING SOMETHING LIGHT, DRINKING WATER, AND READY TO GO WORK OUT.

5:15 AM

LEAVE FOR THE GYM. DURING MY 10-MINUTE COMMUTE, I SPEND TIME PRAYING, WORSHIPING GOD AND MAKING POSITIVE DECLARATIONS.

5:25 AM

WORK OUT. I'LL DO 30 MINUTES OF WEIGHT-TRAINING AND 30 MINUTES OF CARDIO WHILE LISTENING TO MOTIVATIONAL MESSAGES ON MY PHONE.

6:40 AM

PRAY AND MEDITATE. AFTER RETURNING HOME I GO IN MY PRIVATE STUDY FOR QUIET TIME WITH THE LORD. WHAT I DO DURING THIS TIME IS TOTALLY OPEN TO THE LORD. SOMETIMES I READ THE BIBLE, JOURNAL MY GRATITUDE, WORSHIP HIM, JOURNAL WHAT I HEAR IN MY SPIRIT, PRAY OVER MY DREAMS AND GOALS AND/OR MAKE POSITIVE DECLARATIONS. OR SOMETIMES I JUST SIT QUIETLY AND LISTEN FOR HOWEVER LONG I FEEL IS NECESSARY. MOST DAYS IT'S 20 MINUTES, BUT SOME DAYS IT COULD BE HOURS. I TRY TO BE SENSITIVE TO THE LORD AND WHAT I FEEL HE'S DESIRING OF ME.

7:00 AM

READ.

7:20 AM

GET DRESSED AND READY TO GO.

8:00 AM

I'M OUT THE DOOR!

THIS IS WHAT I STICK TO ON A DAILY BASIS WHEN I'M HOME. YES, THINGS MAY VARY 5-15 MINUTES FROM TIME-TO-TIME, BUT I'M PRETTY RIGID ABOUT KEEPING THIS SCHEDULE. WHEN I TRAVEL FOR CONFERENCES AND EVENTS, I AM NOT USUALLY IN BED AS EARLY AS I AM WHEN I'M HOME, SO MY WAKE TIME ISN'T ALWAYS 4:45 A.M.

HOWEVER, WHATEVER TIME I NEED TO BE SOMEWHERE, I TYPICALLY ALLOW THREE HOURS TO INVEST IN MYSELF BEFORE I INVEST IN OTHERS. IF I NEED TO BE SOMEWHERE AT 10:00 A.M., I SET THE ALARM TO 6:45/7:00 A.M.

I AM VERY PROTECTIVE OF THIS SCHEDULE. I GUARD MY TIME STRICTLY. GOD HAS BLESSED ME SO MUCH, AND DRASTICALLY CHANGED ME AND EVERYTHING AROUND ME. I VIEW THIS ROUTINE AS PRECIOUS AND PRICELESS. IT'S SOMETHING I'M HONORED TO DO RATHER THAN I'M FORCED TO DO. GETTING UP EACH DAY TO INVEST IN YOURSELF IS AN OPPORTUNITY, NOT AN OBLIGATION. THIS PERSPECTIVE CHANGES EVERYTHING.