



Artist

POWER HOUR

with Garrain Jones

Establishing a **Morning Routine** for Greatness

"The brain doesn't respond to big or little progress. It just responds to progress. Let's make some progress."

| GARRAIN
| JONES

POWER

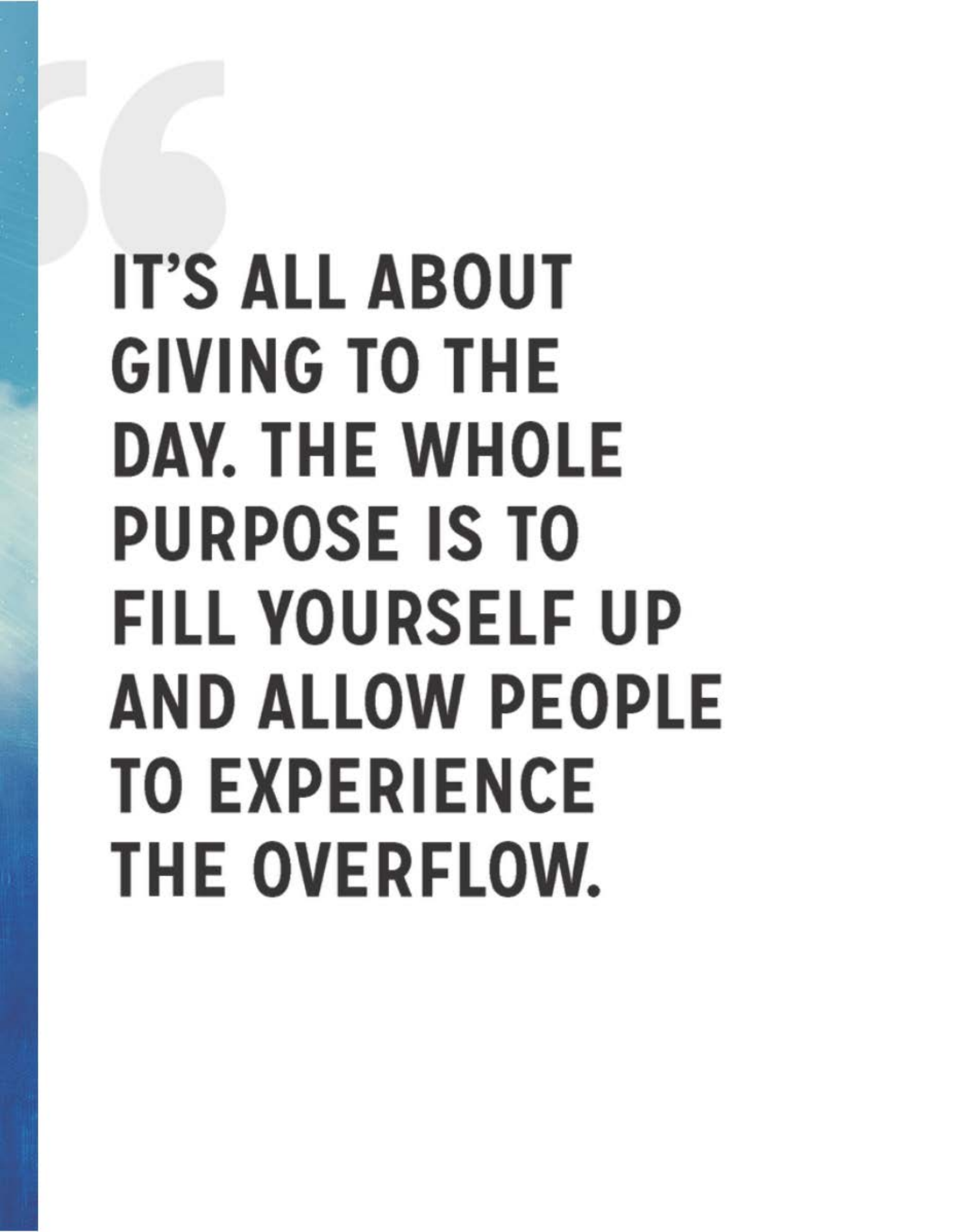
Everything is to generate power. To generate energy. When you start a car it's 10X the velocity before it settles in to the momentum of the drive. My whole purpose is to generate myself so that I have momentum through the day. But the brain doesn't respond to big progress or little progress. **It just responds to progress.** So my goal is to get as many things as I can on paper. Practical things.

THE PRACTICAL

- Wake up
- Drink my shake
- Message 10 people about something that I'm grateful for them
- Quick little workout to activate the serotonin in my body
- Saying my affirmations

It's all about giving to the day. I'm giving to myself to fill my cup. I'm filling up this well called Garrain, and the whole purpose is to fill myself up and allow people to experience the overflow of what I have given myself. You have to make sure your cup is full. Otherwise, there will be no overflow for others.





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IT STARTS AT NIGHT

Every night, before I go to bed, I make a list. A list of 20 different things that are in response to my mind, body, and spirit.

BEFORE I GO TO BED

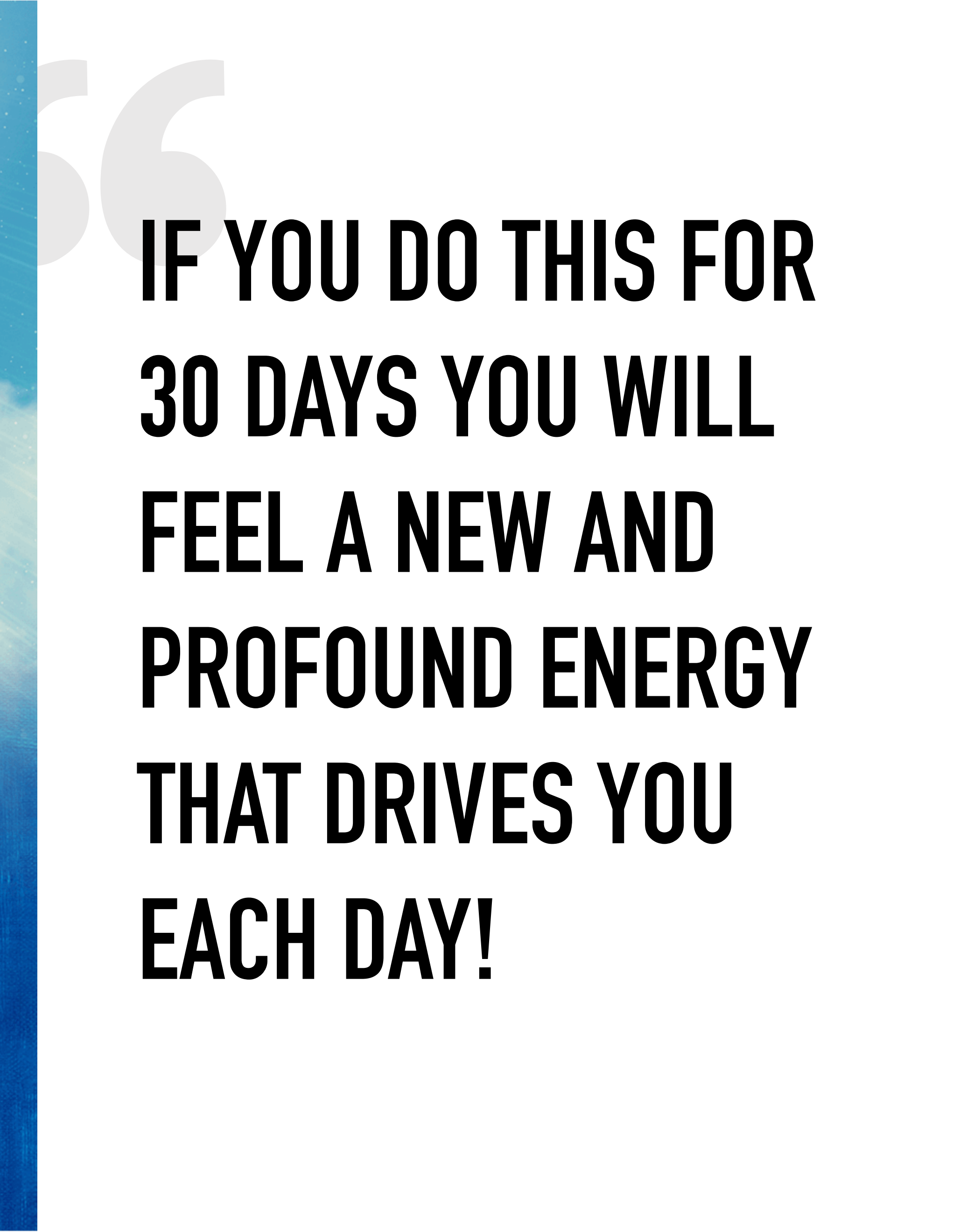
- Look at a picture of my daughter
- Look at my list
- Go to sleep >> When I sleep, my mind is working on the list!

Most people go the entire day and only get a few things done and can't remember what they're supposed to do. By doing this method, I am getting so many more things accomplished.

STARTER LIST EXAMPLE

- Stretch
- Brush my teeth
- Say, "I am powerful!"
- Have my healthy breakfast
- Message 5 people something I'm grateful for them for
- 20-minute exercise

AS SOON AS YOU FINISH SOMETHING, cross it off the list!



**IF YOU DO THIS FOR
30 DAYS YOU WILL
FEEL A NEW AND
PROFOUND ENERGY
THAT DRIVES YOU
EACH DAY!**

NOW, IT'S YOUR TURN!

Like I said, the brain doesn't respond to big progress or little progress, it just responds to progress. So it doesn't matter how big or small your list is, just start. Give it 30 days and be prepared to see an INSTANT change in the energy you have each and every day.

The following pages will be your 30-day guide for you to make your list each day so you can track your progress. Stay consistent with this and I promise you that not only will your energy change, but different forms of abundance will begin to flow your way.

REMINDER: As soon as you finish something that you've written down on your list, cross it off! That will start to train your brain on seeing continuous progress (big or small).

Also, if you have "big" goals that you're writing on your list, see if you can break them down a bit so you can knock out parts of it each day. That way you don't have, for example, "Launch company", looming from day to day on your list.

You've got this!

IT'S JUST 30 DAYS, BUT I PROMISE IT CAN CHANGE YOUR LIFE IF YOU STICK TO IT. THIS IS A BIG CONTRIBUTOR TO MY SUCCESS AND OVERFLOW AND I WANT THAT FOR YOU AS WELL.



GET A COPY OF MY BOOK

CHANGE YOUR MINDSET, CHANGE YOUR LIFE



**GARRAIN
JONES**

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"CHANGE YOUR MINDSET, CHANGE YOUR LIFE."