



Morning Priming

Wake-up routine for an intentional day

6:00 AM Wake

WAKE

Phone: check time only. NO apps, NO scrolling.

6:00-6:10 10-Minute Priming

IN BED

Stay in bed. Prime your state before you rise.

The 10-Minute Priming Practice

1 Rapid Breathing

90 sec

- **30 rapid deep breaths** through nose (1/second)
- Inhale: belly then chest | Exhale: let go (don't force)
- After 30: exhale fully, hold 15-30 sec
- Big inhale, hold 15 sec, release

Note: Tingling or light-headedness is normal

2 Gratitude

3 min

MOMENT

Think of a moment from yesterday that made you smile...

PERSON

Picture someone who loves you. Feel their presence...

BODY

Thank your body for something it lets you do...

OPPORTUNITY

What's one thing you get to do today that excites you?

3 Visualization

3 min

MORNING

Picture completing your most important task with focus...

ACTIVITY

See yourself surfing/training with strength and joy...

CONNECTION

Visualize a meaningful moment with Spilla/family/friends...

EVENING

See yourself at day's end, content, proud of how you showed up...

6:10+ Rise & Light

RISE

Get up and greet the day.

Water

Beach Walk

Morning Sun

"Win the morning, win the day."