

The Ideal Workday for LIONS

Lions rise before the sun. They're high achievers with lots of energy. They'll complete the bulk of their day's work before most people wake up. Leaders by nature, they're often quite successful. They're ready to power down in the early evening.



Here's the ideal workday for a Lion:



Wake up. Eat a high-protein, low-carb breakfast.



Complete your solitary tasks. Brainstorm ideas.



Drink 20-32 ounces of water. Plan your day. Meditate.



Finish your administrative tasks.



Spend time with your family. Get to work early and socialize a bit.



Exercise to boost your energy!



Have your first coffee.



Eat dinner (protein, fats, carbs).



Take your meetings for the day. Have a protein snack.



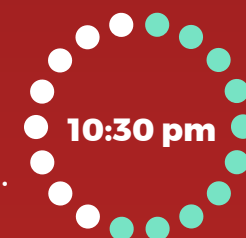
Take it easy. Read. Journal. Visit with your friends and family.



Eat lunch.



Turn off all screens. Power down devices.



Lights out. Start your 7 hour sleep cycle.



ALPHAWAVE