

SL: Within 50 minutes you will complete what takes hours to accomplish.

Some (or most of you) reading this have a habit of ignoring the obstacle that you should really be handling.

You do affirmations in the mirror, meditate for an hour, or do yoga.

I'm here to tell you that those activities shed huge amounts of time and energy you need for later.

The purest amount of energy you will have is during the mornings when you have just woken up,

And you're wasting it.

The solution is to just tackle your work the moment you wake up.

You need to absolutely knock out the first thirty minutes to an hour with the precious time and energy you have during those moments.

"But wait, what if I can't stop myself from hitting the snooze button in the first place?"

No problem.

Once you're here practicing the secrets of our program, that'll be no sweat.

If you wish to cut off all the things that hold you back, this journey will be a huge component.

[Click the link if that's what you want.](#)