



DEAN BOKHARI

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The Morning Ritual Guide by Dean Bokhari

My secret to perpetual peak performance and productivity starts with my morning ritual. In this guide, I share my framework for creating a strong morning routine that sets you up for a successful and fulfilling day.

Intro

Having a strong morning routine has been a game-changer for me.

And when I have my most purposeful and productive days, I know it's because I touched on all of the following four core human dimensions before 9am:

- 1 PQ – Physical
- 2 IQ – Mental
- 3 EQ – Emotional
- 4 SQ – Spiritual

In the following pages, we'll break each of these components down.

1. The Physical component (PQ)

The physical component is about nourishing and activating your body to prime it for a successful day.

Some examples:

- Drink a liter of water immediately upon rising
- Walk outside
- [Exercise](#)
- Jump up and down to wake your body up

2. The Intellectual component (IQ)

It's just as important to exercise your brain as it is to exercise your body.

Here are some examples of the intellectual/mental component of your morning ritual:

- Read
- Work on a puzzle for a few minutes
- Do something that challenges you to stretch your mind

3. The Emotional component (EQ)

The emotional component of your morning routine is about cultivating the right emotions within yourself.

Some examples:

- Start your day by asking yourself, "How do I want to feel today?" Then answer the question in your mind, or [journal it on paper](#).
- Envision a successful day ahead. How would you like to feel today? What kind of emotional energy do you want to bring to your work, to the people you interact with? Imagine every outcome you have planned for the day as working in your favor.
- Connect with someone you care about.

4. The Spiritual component (SQ)

The fourth and final part of your morning ritual—the spiritual component—is about filling your soul and spirit.

Some examples:

- Meditation
- Prayer
- Think of three specific things or people in your life that you're grateful for – and truly allow yourself to feel it. To cultivate a sense of intense [gratitude](#) is a powerful spiritual experience.

The Morning Routine Checklist

One thing that helps me maintain long-term habits is checklists, thanks to their ease of use and replicability.

I've created a simple and beautiful checklist/template that you can make copies of to help you implement your own morning routine.

The template is based on the four core human needs I mentioned earlier, and it can serve as a powerful motivator for you as you develop the right morning routine for yourself.

Find it on the next page.

MORNING RITUAL CHECKLIST

WIN THE MORNING. WIN THE DAY. HIT ALL 4 P.I.E.S. WITH EVERY SUNRISE.

PQ

PHYSICAL RITUAL:

EX: *Drink liter of water upon rising • Workout for 60 minutes • Have green juice • Coffee • Stretch*

☐☐☐

IQ

MENTAL RITUAL:

EX: *Read for 30 min • Review today's priorities • Plan my day • Brainstorm ideas*

☐☐☐

EQ

EMOTIONAL RITUAL:

EX: *Listen to Dean Bokhari's Meaningful Show • listen to inspiring audiobook • Text one person I care about • Visualize a successful day (or week, month, year, life, goal, etc.)*

☐☐☐

SQ

SPIRITUAL RITUAL:

EX: *Nature walk • Pray • Meditate for 10 min • Journal • Reflect on 3 things I'm grateful for*

☐☐☐

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