

Your life will improve by following this simple daily practice.

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# DAILY PRACTICE

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(Based on the Daily Practice chart created by [Kevin Elliott](#) and the ideas and daily practice developed by [James Altucher](#))

PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
Wake up by 6:00 AM.	Draw people who lift you up closer to you.	Write down lists of ideas every day. 10 Businesses you could start, 10 books you could write etc. (Stretch your brain).	Pray (or just connect) with god, nature, your ancestors, the universe (something bigger than you are).
Sweat for at least 10 minutes a day (probably means you'll be moving for 20-30 mins).	Cut out people who drag on you (and you don't owe any explanations, it's draining).	Revisit your lists to identify themes and recurring ideas you could take action on.	Meditate for one minute (and then add one minute a day until you are up to ten).
Do not eat after 7:00 PM. (you'll naturally lose weight this way).	Help people you love, and the people who make you feel good to succeed.	Review your day when going to sleep. Acknowledge everything you did that was productive and/or positive.	Be Grateful and Forgiving (for and to everyone). Before you get out of bed, make a mental list of what you are grateful for.
Go to sleep by 10:00 PM. (we are going for 8 hours here).	Always be honest (it's fun and refreshing).	Remember names. When meeting someone make a name association, and use their name twice in conversation to set it.	Keep yourself on a Positive Information Diet. Read books on Buddha, positive thinking, or spirituality.