Optimizing First Morning 90 Minutes

November 11, 2026
Plan the first 90 minutes of the morning around an adaptable routine.

What this guide covers

- Prepare the environment the night before.
- Arrange morning activities into phases.
- Observe energy and adjust the sequence.

Who this is for

For readers exploring this topic.

Putting the ideas to use

Choose a relevant exercise and adapt it to your circumstances.

Book details

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