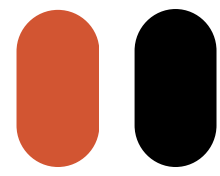


Life's Amazing Secrets



Secret 16: The Discipline Formula

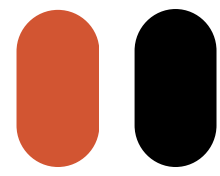




Origin Habit

How you start the day decides how the day unfolds

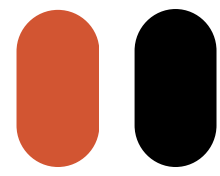




Power Habit Stack

Activate the body → mind → energy

2

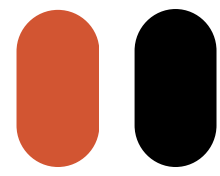


Power Habit Stack

- Hot Water
- Walking / Clearing Stomach
- Bath + Prayers
- Yoga (12 Surya Namaskar)
- Pranayama (5 Main)
- Sitting in Siddhasana



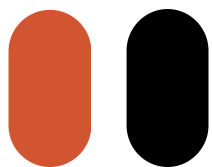
An open spine and open Ida–Pingala allows prana to flow unhindered, then clarity, energy, and focus comes naturally.



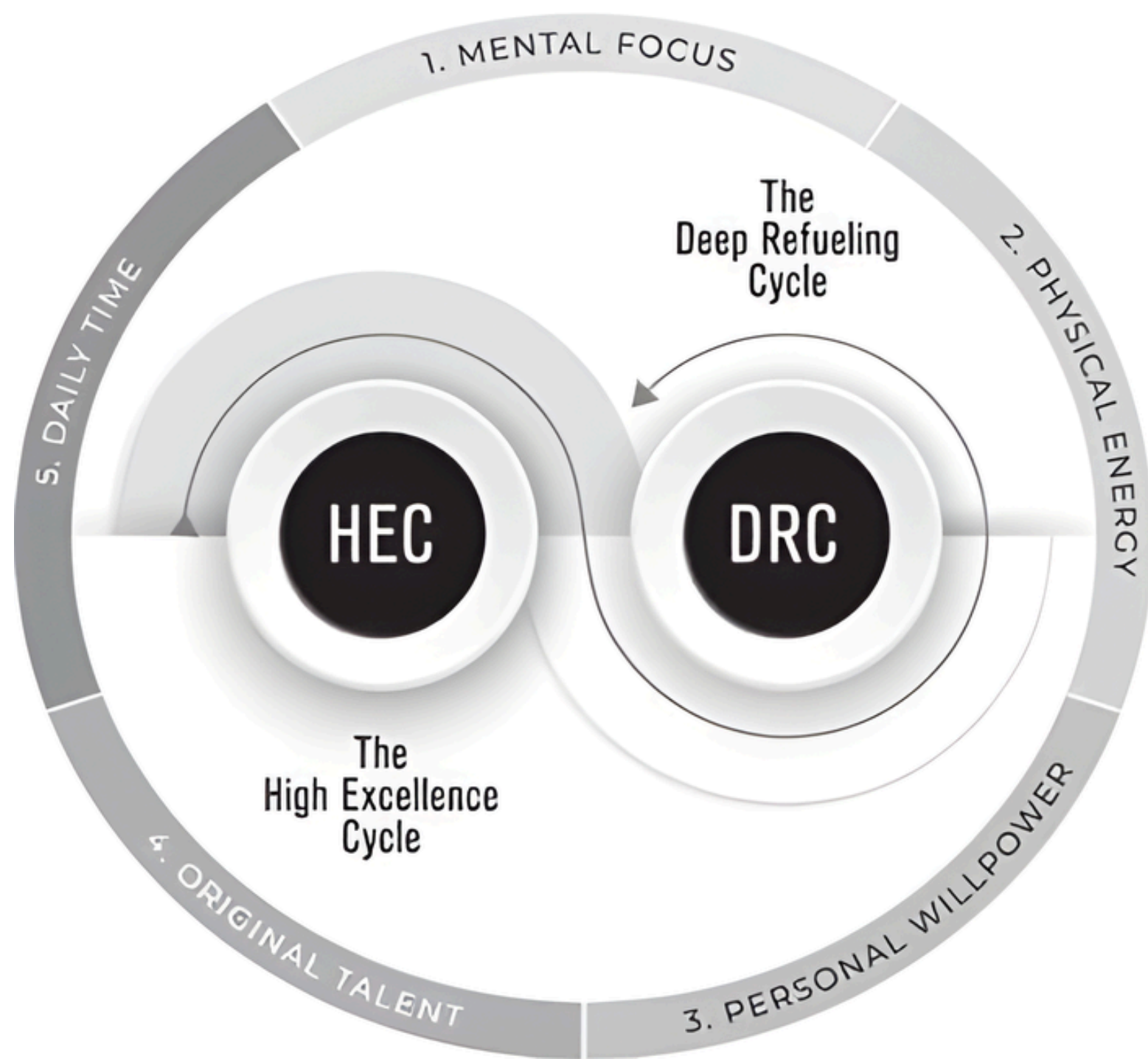
Twine Cycle of Elite Performance

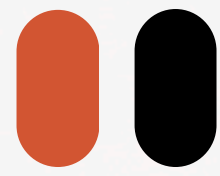
2x Deep Work Sessions → Creative Cycle

3



PROTECTION OF THE 5 ASSETS OF GENIUS





Origin Habit

Removes friction

Power Stack

Increases energy

Twin Cycle

Creates results



Secret 16: The Discipline Formula

