

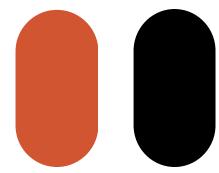
A photograph of a man with dark hair and a beard, wearing an orange Lacoste t-shirt, laughing heartily with his head tilted back. He is standing on a well-maintained green lawn in front of a modern building with large glass windows and doors. Several small trees and a low wall with potted plants are visible in the background. The overall atmosphere is bright and joyful.

Life's Amazing Secrets



Secret 16: The Discipline Formula

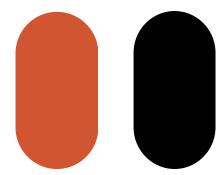




Origin Habit

**How you start the day decides how the day
unfolds**

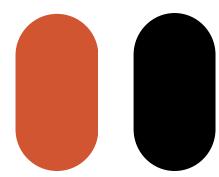
1



Power Habit Stack

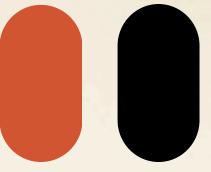
Activate the body → mind → energy

2

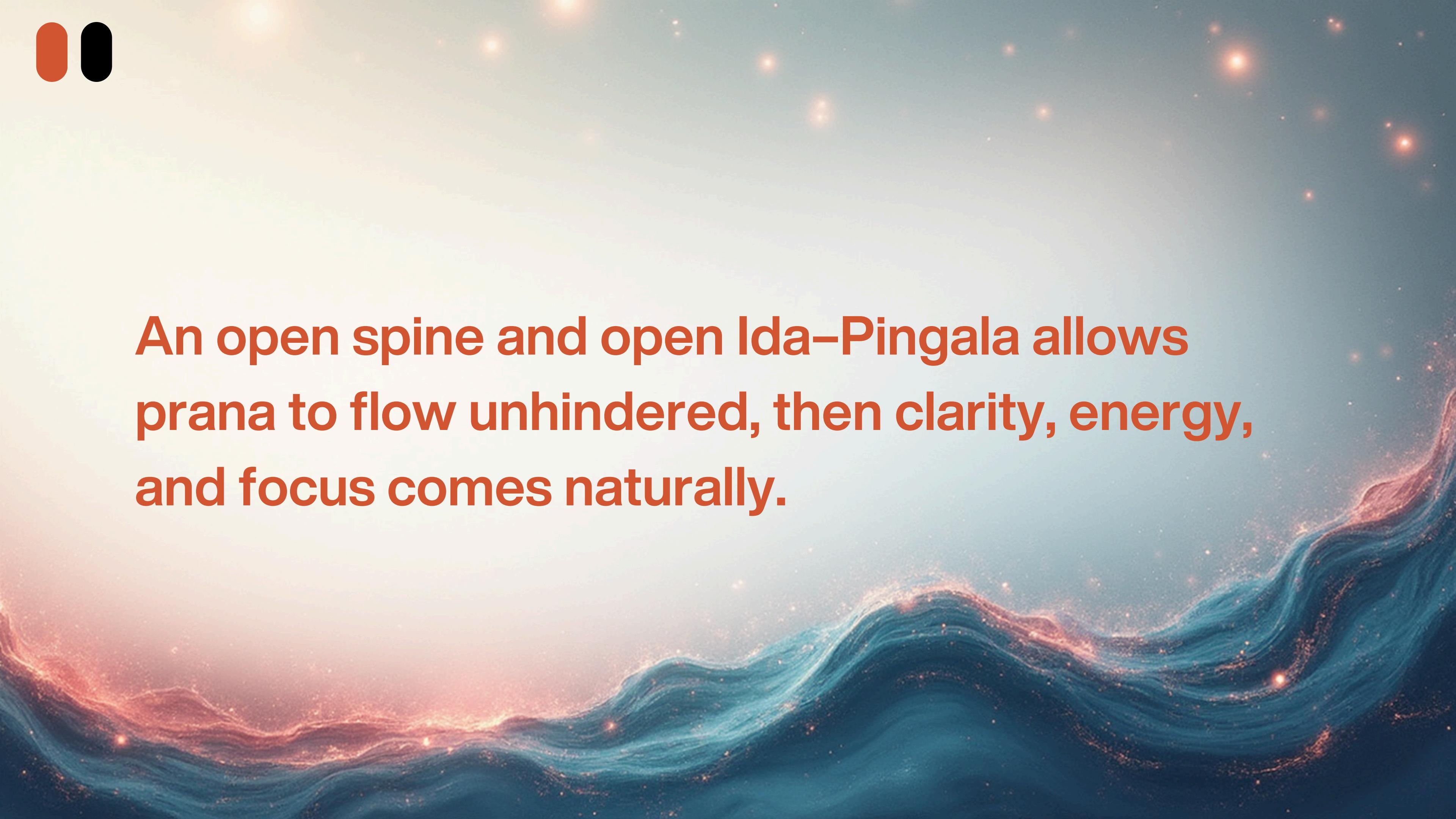


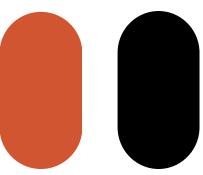
Power Habit Stack

- 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.

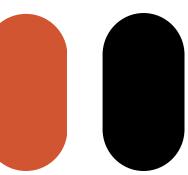




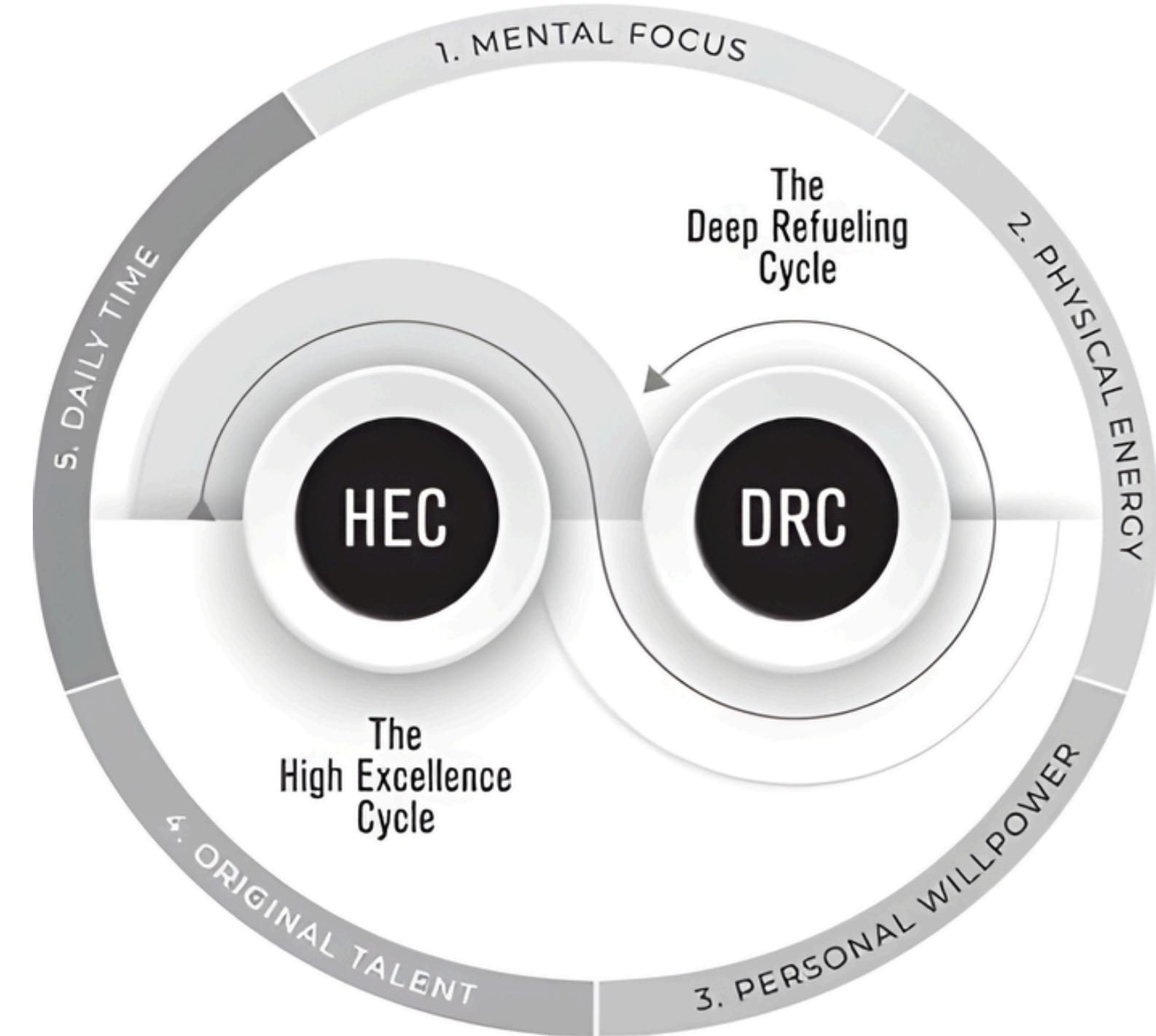
Twine Cycle of Elite Performance

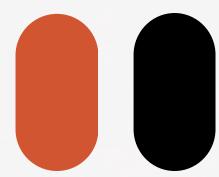
2x Deep Work Sessions → Creative Cycle

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

