

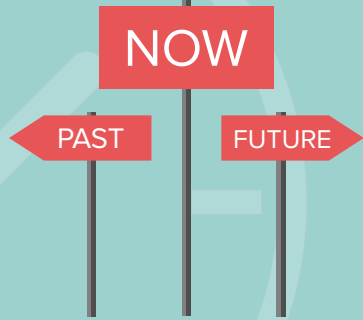
Tony Robbins' 10 Minute Morning Priming

Sit in a chair with your feet on the floor, shoulders back, chest up, neck long and head high.



Take three sets of 30 breaths each with a pause in between each set.
1 MIN

Put your hands on your heart. Feel its power and strength as you breathe into it.
30 SEC



Think of three things from your past, present, or future that you're grateful for right now. After a minute, go to the next thing, then the next.
3 MIN

Imagine a colored light coming down and filling your body, healing anything that needs to be healed, solving any problem in your life that needs to be solved and strengthening the best parts of you.
1 MIN 30 SEC



Send all the healing and strengthening energy you've received out to the people you love.
1 MIN 30 SEC

One by one, think about the three outcomes or goals that you want the most and imagine that they are complete. Celebrate the feeling of achievement.
3 MIN



Get ready to rock: Now give your body a little stretch and go tackle the world!