



## 3-Step Morning Routine System

### The 3 Step Morning Routine System

Andrew Huberman

Version 1.0 (2020)

Thank you for purchasing this guide.

It is my intention to create a morning routine for you that will help you get up and get going in the morning, get your mind and body ready for the day, and get your morning routine in order so that you can get up and get going in the morning.

Here is how the system works:

- 1. If you already have a morning routine, then you can skip this step. If you do not have a morning routine, then you can skip this step. If you do not have a morning routine, then you can skip this step. If you do not have a morning routine, then you can skip this step.
- 2. Read and follow the instructions and guidelines in the morning routine.
- 3. Read and follow the instructions and guidelines in the morning routine.

The goal of this system is to help you get up and get going in the morning, get your mind and body ready for the day, and get your morning routine in order so that you can get up and get going in the morning.

Thank you.

Andrew Huberman (2020)

# Morning Routine Macbook Update

**Morning Routine, Morning Ritual**



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