

MORNING MANTRA

YOU BECOME WHAT YOU THINK ABOUT! - GYMR-24/7!



- **Alarm Rings!**
- **Wake up Like a Hall of Famer!**
- **Immediately say with Intent:**
 - Better Everyday
 - 6th Tool Nation
 - Get Your Mind Right
 - What You Thinking Right Now
 - Separation Amongst the Elite
 - I'm Hungry Coach - It's Time to Eat
 - I'm a Big Game Hunter & I Can't be Beat
 - Fear Nothing Fear Nobody / I Can and I Will
 - Clear Your Mind Focus and Commit to theDO
 - Do a 1-Breath
 - I'm the Best Hitter and You Can't Get Me Out
 - Or
 - I'm the Best Pitcher and I am Gonna Get You Out
 - Keep the Team Greater Than Myself
 - Keep the Attitude Greater Than the Circumstance
 - Keep the Process Greater Than the Result
 - Drop and Pound Out Max Reps of Push-ups
 - 4 Sets Isometrics (Chest / Bies / Tries / Forearms / Flys)
 - X2EAT