

VIP PROXIMITY PASS

21 DAY CHALLENGE MORNING ROUTINE

Go Deeper: Move Your Body • Renew Your Mind • Build Community



CORE RULES FOR SUCCESS

1. Don't Think

Follow the steps blindly.

2. Don't Delay

Start immediately.

3. No Shorteners

Complete everything.

4. Consistency

Prioritize over perfection.



THE "NO-EXCUSES" MORNING FLOW

5:30 AM

GET UP IMMEDIATELY

- **NO NEGOTIATING, NO SCROLLING.**
- Sit on the side of your bed for exactly 3 minutes.
- Stand up and claim the day.

Next

HYDRATE & REFRESH

- Drink 1 full bottle of water immediately.
- Go to the bathroom and brush your teeth to fully wake up your senses.

Prayer

GO TO YOUR QUIET SPOT

- Play your favorite worship music in the background.
- Pray for a **MINIMUM OF 5 MINUTES.**
- Be completely quiet and listen for guidance.

Move

PREPARE TO WALK

- Get dressed into your walking gear immediately.
- Head outside or directly to your designated walking spot.

Walk

DAILY VIP WALK

- Walk for a **MINIMUM OF 30 MINUTES.**
- No excuses, no shortcuts—just keep moving.



BEFORE YOU MOVE ON WITH YOUR DAY

- ☐ Take a picture while walking ☐ Post it to the VIP Community ☐ Log your weight (if required)