



Forged by Fire: Morning Ritual

Win the morning. Carry the fire all day.

Wake time: _____ AM Sequence (check when complete):

- Silence / meditation (____ min)
 - Gratitude (3 things)
 - Movement (type: _____)
 - Visualize today's win
 - Affirm: "I am forged by fire. Today I rise stronger." Today's intention (one sentence):
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The morning is mine. I claim it before the world does.