

# Wake-Up or Stay Weak

## The 5-Step Morning Routine to Dominate Your Day

Most people wake up like sheep.

Snooze. Scroll. Survive.

**F@ck that.**

If you want to win, it starts the second your eyes open.  
Here's your no-excuses, no-BS morning routine built to wire your mind for war and your life for victory.

### The 5-Step Routine:

#### Win the First 5 Seconds

Get your ass out of bed the moment your eyes open.

No snooze. No scrolling. No "just 5 more."

Train your brain that you are in control — not your excuses.

#### Make Your Bed Like a Savage

Yeah, it's simple.

That's the point.

You start the day with order, control, and a win.

It sets the tone for everything else.

#### Move Your Body — No Matter What

Drop for 20 pushups.

Hit a 5-minute stretch.

Go for a walk.

You're waking up your inner beast — not your inner bitch.

#### Cold Water. No Negotiations.

Face in cold water or full shower. It's a mindset reset.

It forces presence, discipline, and instant energy.

Comfort kills — cold creates control.

#### Set Your Intentions Like a Motherf@cker

Don't "hope" your day goes well — command it.

Write down 3 things:

- What you will conquer today
- What excuse you will destroy
- What you're grateful for (yeah, this matters)

### Bonus Rule:

No phone until you've done all 5.  
You own your morning, or someone else does.

### Want More Like This?

Get the No-BS Guide to Mental Toughness

Or grab the full Man The F@ck Up series and start mastering your life.

**SCAN ME**

