MARVEL & PREPARE

The morning and evening routines — print this page and check off each step, every day.

Date: _____

MARVEL — THE MORNING ROUTINE (about 30 minutes)

- ☐ **M — Meditation.** Start quiet. Prayer or stillness before the phone turns on.
- ☐ **A — Affirmations.** Say your self-truths out loud — who you are and how you'll show up.
- ☐ **R — Recording.** Write it down: journal the thoughts, wins, and lessons.
- ☐ **V — Visualization.** See the day going right — the calls, the appointments, the closings.
- ☐ **E — Exercise.** Move your body. Motion sets your energy for the day.
- ☐ **L — Learning.** Read or listen to something that makes you better at the craft.

PREPARE — THE EVENING ROUTINE (about 11 minutes)

- ☐ **P — Plan for tomorrow (3 min).** Write tomorrow's top three. Ask: will I be fully present for each one?
- ☐ **R — Review today (3 min).** Catch-all sweep: emails, voicemails, texts — anything missed gets caught tonight.
- ☐ **E — Exercise (1 min).** A minute of movement to shake the day off. Motion enhances emotion.
- ☐ **P — Practice gratitude (1 min).** Who made today better? Who gets a thank-you?
- ☐ **A — Affirmations (1 min).** Evening self-truths that help you turn off and rest.
- ☐ **R — Reflect on your actions (1 min).** How did I treat people today? Where can I do better?
- ☐ **E — Embrace the night.** Tell yourself: I've done enough for today. Let it go and sleep.

Tomorrow's Top 3

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*The MARVEL and PREPARE routines were created by **Tristan Ahumada** (Your Daily Real Estate Podcast · Lab Coat Agents). Summarized here with credit to him. His rule: your day starts the night before — you can't MARVEL in the morning if you didn't PREPARE the night before.*

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