



THE CHAOS- PROOF MORNING

BUILD YOUR 90-MINUTE LAUNCHPAD

*With
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BONUS II:

The Chaos-Proof Morning

Build Your 90-Minute Launchpad - *How to Own Your Day Before the World Hijacks It*

Most people wake up already behind.

First thing they see? Notifications. The news. Some random person's highlight reel. A rush of tasks, noise, comparison, and pressure before their feet even hit the floor.

You think you're just "*checking in.*"

You're not. You're plugging in.

And every time you do that before you've even centered yourself — you give your day away. You give your brain away. You start reacting before you've even decided who you're going to be.

That's why this bonus exists.

You don't need a "*miracle morning.*" You need ownership.

Not perfection. **Not** productivity worship. Just a launchpad that protects your peace and keeps you from drifting the second you wake up.

We'll keep it flexible. Simple. Realistic.

But make no mistake — this will change everything.

Step 1: Choose Your Default Wake-Up Block (Minimum: 30–90 Minutes)

You're not designing a whole-day schedule. You're protecting the first 30–90 minutes. Even 30 can work if you use it well.

Choose your block:

- 30 minutes
- 60 minutes
- 90 minutes

Choose what fits your life right now — not your fantasy. Start there. You can always expand.

Step 2: Set Two Anchors (One Physical, One Mental)

You don't need a perfect routine.

You need two things you always do that bring you into the day with clarity.

Physical Anchor: Something that wakes your body up without stimulation.

Ideas:

- Splash water on your face
- Go outside for 3 minutes (light = brain reset)
- Stretch for 2 minutes
- Make coffee or tea without your phone
- Take a short walk
- Cold shower (if you're that guy)

"My physical anchor will be: _____"

Mental Anchor: Something that focuses your mind before the noise.**Ideas:**

- Read 1 Psalm or Proverb
- Sit in silence for 3 minutes
- Write down 3 things you're carrying into the day
- Pray (don't overthink it – just talk to God)
- Read a single page from something that strengthens you
- Ask: *What kind of man do I want to be today?*

“My mental anchor will be: _____”

These two anchors are the bare minimum. Even if the rest of the morning gets chaotic – these will hold you.

Step 3: No Plug-In Zone (First 30–60 Minutes)

You have to protect this. If you let your phone in before you've anchored, you're toast.

Don't try to *“be responsible”* and check email.

Don't peek at the news. Don't even open YouTube *“just to play music.”*

Make it binary:

- No social media
- No email
- No texts (unless emergency)
- No apps/content/news feeds
- Alarm allowed (but phone stays face down)

Where your attention goes first is who you become today.

Step 4: Insert One “Real Thing” (Optional Add-on)

This is your bonus habit. You don’t need it every day — but when you have more time, you do this instead of scrolling.

Examples:

- Read a chapter of a book
- Take a walk or light workout
- Journal one page
- Write out one hard truth you’re trying to live into
- Review your Rule of Life or stillness spot
- Sit with God in quiet and don’t say anything

“On the days I have more time, I’ll do _____ instead of checking out.”

Step 5: Build Your Morning Card

Make this simple. Something you can stick on your wall, your mirror, your desk, your phone screen. Write it like this:

MY CHAOS-PROOF MORNING

- Wake-Up Time Goal: _____
- No-Phone Zone Until: _____
- My Physical Anchor: _____
- My Mental Anchor: _____
- Bonus Habit (if I have time): _____
- One thing I’m choosing to protect today: _____

You Don’t Need a New Life. Just a Better Launch.

If your day starts with clarity and intention, everything else shifts. You’ll feel the resistance. The old cravings will try to sneak in. You’ll have mornings where you blow it. Don’t quit. Show up again tomorrow. The goal isn’t to be perfect. The goal is to stop handing your life to chaos before you’ve even said good morning.