



Kirby Andersen's Morning Schedule

- 5:45 AM Brush teeth, splash face, dress for walking, lemon water, and BarleyMax (make for the day)
- 5:55 Solitude, silence, meditation (Simply Being app)
- 6:05 Affirmations
- 6:15 Visualization
- 6:20 Bible reading (One Year Bible plan, <http://churchofthehighlands.com/bible>)
- 6:35 Read inspirational / motivational book (10 pages)
- 6:50 Journal
- 6:55 Walk and pray
- 7:10 Stretch
- 7:30 Green smoothie
- 7:40 Shower and dress
- 8:00 Eat cereal and scan news (Facebook birthday greetings, FoxNews app, and Flipboard)
- 8:30 Begin work schedule