

MORNING FOCUS RITUAL

TEMPLATE

by Chad Earhart | Fog to Focus to Free

Lock In Mental Clarity Before the World Wakes Up

The first hour of the morning sets the tone for your entire day. This simple 3-step ritual takes just 15-20 minutes and will give you the mental clarity and focus to accomplish what matters most.

The 3-Step Morning Sequence:

STEP 1	GOD TIME (5-10 min)	Connect with your Creator before checking your phone
STEP 2	REVIEW THE DAY (5 min)	Look at what you planned yesterday and your #1 priority
STEP 3	GRATITUDE (2-5 min)	Start from abundance, not scarcity

Why This Sequence Works:

Most people start their day reactively—checking email, scrolling social media, responding to others' urgencies. This ritual flips that script. By the time the world wakes up, you've already won the day.

PRINCIPLE: You planned your day LAST NIGHT (see 7-Day Focus Sprint Planner).
This morning is about ALIGNMENT, not not planning.

STEP 1: GOD TIME

The Practice:

Start your day connected to your Grand Overall Designer (G.O.D.) before connecting to anything else. This isn't religious obligation—it's intentional alignment with your purpose and values.

Bible Reading Pick a verse or passage. Let it sink in. What does it mean for TODAY?

Prayer Talk to God like a friend. Share your concerns, hopes, and gratitude.

Meditation Sit in silence. Listen. Be present with your Creator.

Devotional Read a short devotional that connects scripture to daily life.

Worship Play a worship song. Sing. Let gratitude flow.

TODAY'S GOD TIME:

Date: _____

Time: _____

What I Read/Prayed/Reflected On:

What God Is Speaking To Me Today:

How This Applies To My Day:

STEP 2: REVIEW THE DAY

The Practice:

You already planned your day last night. Now review what you wrote and make sure it still aligns with reality. Adjust if needed, but don't start from scratch—that wastes mental energy.

- Review yesterday evening's plan (from your 7-Day Focus Sprint Planner)
- Confirm your #1 PRIORITY for today (the one non-negotiable)
- Check your Top 3 Tasks—do they still make sense?
- Look at your calendar—any surprises or conflicts?
- Identify your biggest focus time block for today
- Make any minor adjustments needed (but don't overthink it)

TODAY'S REVIEW:

1. _____

2. _____

3. _____

STEP 3: GRATITUDE

The Practice:

Fear and gratitude cannot exist in the same space in your brain. When you start from gratitude, you start from abundance—not scarcity. This shifts your entire mindset for the day.

RESEARCH: Gratitude rewires your brain's threat detection system. It activates the prefrontal cortex (rational thinking) and quiets the amygdala (fear response). People who practice daily gratitude report 31% higher productivity and 23% lower stress levels.

Gratitude Prompts (Choose One or Use All):

What am I grateful for TODAY?	(People, opportunities, simple pleasures)
What went well YESTERDAY?	(Even small wins count)
What do I have that I used to pray for?	(Perspective shift)
Who has made a positive impact on my life?	(Relationships matter)
What challenge am I grateful for?	(Growth comes from struggle)

TODAY'S GRATITUDE:

I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____

Because of these blessings, today I will...

"Gratitude turns what we have into enough." - Anonymous

PUTTING IT ALL TOGETHER

Your Morning Focus Ritual Blueprint:

STEP		ACTION
5-10 min	GOD TIME	Connect with Creator. Read, pray, meditate, worship.
5 min	REVIEW DAY	Check yesterday's plan. Confirm #1 priority. Adjust if needed.
2-5 min	GRATITUDE	Write 3-5 things you're grateful for. Shift to abundance.
TOTAL:	15-20 min	Mental clarity LOCKED IN before the world wakes up.

Pro Tips for Success:

- 1. DO THIS BEFORE CHECKING YOUR PHONE** The moment you check email/social, you're reacting to others' priorities.
- 2. SAME TIME, SAME PLACE** Build the habit. Your brain loves consistency.
- 3. PREPARE THE NIGHT BEFORE** Leave your Bible/journal/planner out. Remove friction.
- 4. START SMALL** Can't do 15 minutes? Start with 5. Consistency beats perfection.
- 5. PROTECT THIS TIME** This is non-negotiable. You wouldn't skip brushing your teeth.

Take It Deeper:

This Morning Focus Ritual is powerful, but it's even more effective when combined with evening planning and weekly reviews.

- **Read FOCUS!** Get the complete system with all 10 strategies
Available at fogtofocusquiz.com/focus-book
- **7-Day Focus Sprint Planner** Plan your evenings to set up winning mornings
Download [here](#).
- **Fog to Focus Accelerator** 30-60 day transformation with daily accountability.
Join at fogtofocusquiz.com/accelerator

"Win the morning, win the day. Win the day, win your life." - Chad Earhart