



# POWER HOUR

## Movement

20 min

Movement wakes the brain and is one of the greatest productivity tools.

Perform the Move By Design mobility exercises to ensure full range of movement between every joint in your body.

[www.thepowerhousevancouver.com/move-by-design-mobility](http://www.thepowerhousevancouver.com/move-by-design-mobility)

Stay hydrated. Along with movement, water is an essential nutrient of the brain.

## Mindset

20 min

Define and review your values and your value statements. These will evolve over time, so refine as necessary.

Work toward creating your 25 year vision. Next, outline your 90 day goals and the necessary actions steps for meeting your goals.

Clearly define and review your life's purpose. Why do you get out of bed each day?

Set up to 3 daily objectives, bringing you closer to your 90 day goals.

## Material

20 min

Consume material which expands your intellectual mind. This can be a book, article, podcast, blog, etc.

This material needs to be something that will enhance your personal growth... reading the news, sports, or checking emails doesn't count.