

# My Daily Routine

by MIKE VARDY

## My Morning Routine

I get up around 8:00am every day unless I have an early morning coaching call, in which case I'll be up at around 7:00am. I head to the bathroom and splash water on my face to wake me up further before throwing on some clothes (nice ones if I'm doing a video coaching call) and heading to the kitchen to make an [AeroPress](#) coffee and a smoothie for breakfast with the [NutriBullet](#).

Once all of that is done I'll head downstairs and begin my reading workflow, which I do while sitting in my office with the door open, sitting in my "reading zone" chair.

1) What time does he get up if he has a coaching call?

- He gets up at around 8 am.
- He gets up at 7 am.

2) What does he do to wake up?

- He splashes water on his face.
- He has a shower.

3) Where does he go to make a coffee?

- He goes to the kitchen.
- He goes to his office.

4) What does he have for breakfast?

- He has a coffee for breakfast.
- He has a coffee and a smoothie for breakfast.

5) Why does he go downstairs?

- Because he begins his meditation.
- Because he begins his reading workflow.