

ACTIVITY 4



Watch the video.



After watching the video, put the sentences into the correct order. Write the numbers.

mbers.	
A- He goes to his lists. 15	_
B- He does his meditation in the morning for about 20 minutes.	
C- He takes a cold shower.	
D- He has a tall glass of water.	
E- He gets out of bed.	
F- He goes into the kitchen.	
G- He reads for about 20/30 minutes.	
H- He takes his supplements.	
I- He recalls his dreams.	
J- He feels into what he wants to be that day.	
K- He shaves and brushes his teeth.	
L- He goes through his brain training.	
M- He moves his body for a couple of minutes.	
N- He makes a tea.	
O- He does his breathing.	
P- He wakes up.	
Q- He makes his bed.	
R- He writes his journal.	
S- He makes his brain smoothies.	
T- Then he starts his day	