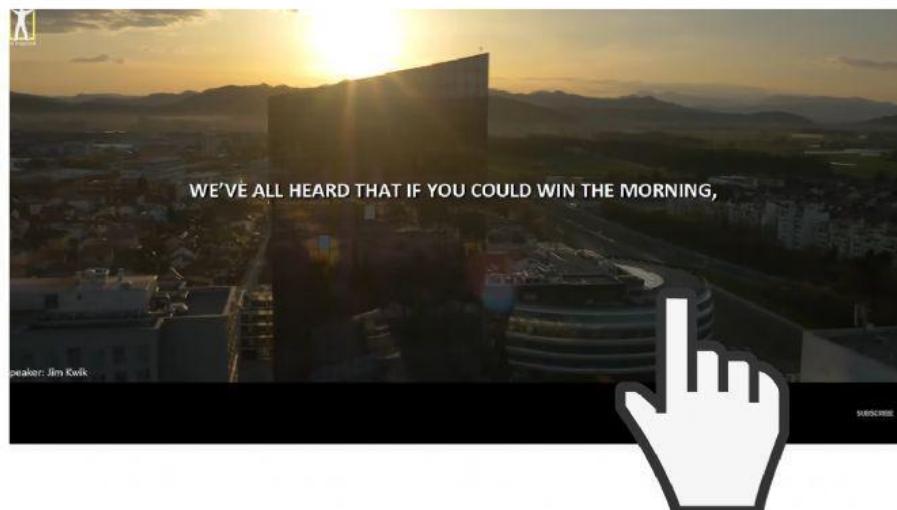


ACTIVITY 4

Watch the video.



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

- A- He goes to his lists.
- 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.