

A Leader's Morning Power Hour

A simple routine to set the tone for intentional leadership.

3 minutes –
Center yourself



Breathing, stretching,
or grounding to reset
your mind.

7 minutes –
Make your space ready



Make the bed / clear
your desk to start
with order.

15 minutes –
Move your body



Light exercise to
improve energy and
focus.

20 minutes –
Fuel well



Eat a simple
breakfast to energize
your day.

15 minutes –
Plan with intention



Set priorities, review
goals, outline top 3
tasks.

Lead with intention every day.

Learn more at maxwellleadership.org