

# DAILY PRACTICE

**Be prosperous. Do each of these things every day.**

Created by [Kevin Elliott](#). Based on the [ideas and daily practice](#) developed by James Altucher.

PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
<p><b>Wake up by 5AM.</b> The early bird gets the worm. Besides, it's peaceful when it's early.</p>	<p><b>Cut out people that drag on you.</b> The world is full of negative people. Ignore them, don't engage them.</p>	<p><b>Write down a list of names of lists of ideas.</b> 10 businesses you can start from home. 30 ways you can help others without spending any money.</p>	<p><b>Pray to something, besides yourself.</b> You don't have to be religious.</p>
<p><b>Exercise for at least 20 minutes.</b> No excuses. It's too easy to sit in a chair all day. Shoot a hoop, run a mile.</p>	<p><b>Help friends, family, and people you love.</b> Except when they bring you down, no exceptions!</p>	<p><b>Write down a list of ideas.</b> Then, write down even more later. Revisit it later in the day, and even the following day.</p>	<p><b>Meditate.</b> Meditate for 15 seconds visualizing meditating for 60 minutes. Sit in a chair, with your back straight. Watch your breathing.</p>
<p><b>Do not eat after 6PM.</b> Totally hard, but you'll sleep better. And you'll lose weight naturally.</p>	<p><b>You don't owe any explanations!</b> Explaining is draining.</p>	<p><b>List every productive thing you did yesterday.</b> If you did nothing, list what you would have done.</p>	<p><b>Be grateful, and forgiving.</b> Visualize every person you are grateful for, as well as every person who has done you wrong and forgive them.</p>
<p><b>Go to sleep by 9PM.</b> 8 hours a night!</p>	<p><b>Always be honest.</b> Just because everyone else isn't, doesn't mean you shouldn't be. You can be proud that you are.</p>	<p><b>Complete a crossword or sudoku puzzle.</b> Puzzles, books, or other mind expanding activities!</p>	<p><b>Study and read.</b> Read a bible, book on Buddha or a positive philosopher. Think positive thoughts, and appreciate your existence.</p>