

Raffles The Plaza

SINGAPORE

A Raffles INTERNATIONAL HOTEL

4:00 AM - rise & thank God. ~~most~~ most things are not logical.

4:00 - 4:15 - wash face, change.

4:15 - 4:45 - meditate, clear mind.

4:45 - 5:20 - work out.

5:20 - 6:20 - change, shower, shave, perfect.

6:20 - 6:30 - pray

6:30 - 6:45 - breakfast (banana, wheat)

6:45 - drive to THE

lunch: salad w/ tofu & tabouleh & green drink

dinner: broccoli w/ quinoa (garlic soy/balsamic)

I do everything I say - word for word.

I am never a minute late.

I show no excitement. (pilot 3/19). calm, direct, pointed, non-emotive.

ALL ABOUT BUSINESS.

I am not impulsive.

I do not react.

I am always proactive.

I know the outcome of every encounter.

I do not hesitate.

I constantly make decisions & change them as needed.

I give IMMEDIATE feedback, non-emotionally.

I speak rarely. When I do - CRISP and CONCISE.

I call bullshit immediately.

My hands are always in my pockets or gesturing.

I am fully present.