

RESILIENCE ENGINE™ · FOCUS  
SYSTEM



DAILY PERFORMANCE RITUAL

**5-MINUTE  
MORNING  
BOOT  
SEQUENCE™**

DAILY IGNITION FOR HIGH-PERFORMING  
LEADERS

*by Richard Summerlin*

RE™

# 5-Minute Morning Boot Sequence™

A daily ignition ritual for high-performing leaders

---

Most mornings fail before they start — not from lack of effort, but from lack of direction. The Boot Sequence gives you five focused minutes to load the right operating context before the day's demands take over. No journaling. No long reflection. Just a clean, fast startup.

## 01 Hydrate + Breathe

Before reaching for your phone, drink water and take three slow breaths. This signals your nervous system to shift from survival mode into decision-making mode. Physical readiness precedes mental clarity.

## 02 Choose Your Primary Role

You carry multiple roles — leader, parent, operator, creator. Today, which one needs to be front and center? Naming it creates a filter for every decision that follows.

## 03 Define One Outcome

Not a to-do list. One outcome. What would make today a win, full stop? Write it or say it aloud. Specificity turns intention into execution.

## 04 Energy Check

Rate your energy honestly: High / Medium / Low. Then match your hardest task to your actual capacity — not the capacity you wish you had.

## 05 Define Your Shutdown Target

When will you stop? Set a hard stop time now, before the day stretches it indefinitely. Knowing the finish line makes the sprint sustainable.

# 5-Minute Morning Boot Sequence™

Date: \_\_\_\_\_ Role Context: \_\_\_\_\_

## 01 HYDRATE + BREATHE

- ✓ Water consumed
- ✓ 3 slow breaths taken

## 02 PRIMARY ROLE TODAY

My primary role today is: \_\_\_\_\_

## 03 ONE OUTCOME

Today is a win if I: \_\_\_\_\_  
\_\_\_\_\_

## 04 ENERGY CHECK

- High — I'm sharp. Load the hardest task first.
- Medium — Steady. Sequence tasks by importance.
- Low — Protect energy. Delegate or defer non-essentials.

## 05 SHUTDOWN TARGET

I will stop work at: \_\_\_\_\_ Hard stop. No exceptions.

### NOTES / CONTEXT FOR THE DAY

---



---



---



---