



CEO

Morning Routine

DAILY PRACTICES THAT
REBUILD THE NERVOUS SYSTEM,
STRENGTHEN THE MIND AND RESTORE VITALITY.
ALLOWING YOU TO ACHIEVE MORE WITH LESS EFFORT.

TURTLEROOTS™

SUMMARY

This guide reveals the 5 daily practices that helped me rebuild my nervous system, strengthen my mind, and restore vitality after a life-altering illness. These hidden benefits allow you to become an extremely effective leader.

Discover how to:

-  **Cultivate unshakeable focus and clarity** through meditation.
-  **Fuel your body and mind** with the power of cacao.
-  **Boost your immune system and energy levels** with strategic movement.
-  **Unlock your creativity and intuition** through journaling.
-  **Expand your knowledge and gain new perspectives** with daily reading.

Let's unlock the power of these daily rituals!

PREFACE

In my 40s, at the height of my career, Guillain-Barré Syndrome (GBS) entered my life. This autoimmune disorder caused my immune system to affect my nerves, severing the connection of my motor and sensory nerves, and stopping the communication from my body parts to my brain.

Within days, I was completely paralyzed, unable to move even a finger, let alone speak or blink.

The diagnosis was a shock. GBS is an unpredictable illness, with recovery ranging from partial to none at all. The uncertainty was terrifying. I was trapped in my own body, my future a blank slate filled with daunting possibilities.

Faced with this immense challenge, I refused to give in to despair. Instead of fighting, I chose to embrace this new reality and focus on healing.

With the support of loved ones, I embarked on a journey of rediscovery, learning valuable lessons and nurturing my body back to health.

That's when my daily cacao and tonic herb practice became my most valuable medicine.

Hi, I'm Steve Napolitan, and this is my morning routine that has two parts to it. For me, it's all about being firm and flexible.

 Firm means that I'm going to commit to doing these things everyday.

 Flexibility is giving myself the space to change how I do them.

As I started to document this for you, I wanted to look at the way that I do it now. I haven't always done it this way and I'm most likely going to change how I do these things in the future, that's the flexible part. The firm part is sticking to the things that I do.

There are five things that I do everyday in my routine:

1. Meditate
2. Read
3. Journal
4. Move
5. Drink Cacao and Tonic Herbs

These can be done in any order. Sometimes I start with my meditation, maybe then I read, and then I might journal. Sometimes I have a profound meditation and I want to journal immediately after because I want to write my thoughts out.

#1 Meditation

I started with just five minutes, I really focused on my gratitude and what I wanted for that day, and then thought of a big dream. That was it. I just sat with myself for five minutes and did that. As I advanced, I did longer meditations and I tried different meditations. I'm not telling you any one way is better to start with. Just do what works best for you to create this powerful new habit.

A lot of people think that yoga would be in the movement section, and it would be about the postures and positions that we put ourselves in as exercise to align our body.

I now know that yoga has so many other parts, eight parts in total. One is the posture, and in your meditation, you do want to keep your spine straight, because that is the conduit of your overall life energy or spirit.

Yoga means union with God or union with your soul. When we give space to feel that energy, we can focus on our infinite intelligence and start to find and notice our intuition. This is your divine connection to all.

You know how they say listen to your heart or follow your heart? I believe that's another way of saying follow your soul.

Our soul knows our mission, what we're doing in this life. A lot of times people say, why do you meditate? I don't just meditate, I do pray. But in prayer, most of us are asking for something, “please help me with this”, “please help me with that”, or wishing well for someone or sending prayers for someone that is in a bad spot, and that's good.

Do that, send that energy and those well wishes and ask for those prayers, absolutely. Then on the other side, for me, meditation is listening, it's not talking, it's listening. We want to tune inward more and that's why we want yoga. A yogi that sits in meditation is going to focus on the infinite, beyond the physical, and discover the infinite that we are all connected to and part of.

Firm rule: We're going to meditate every day.

Flexible rule: We're going to allow ourselves to do it for 5 minutes, 10 minutes, 30 minutes, however you grow into it.

What type are you using? Guided meditation? Are you sitting in silence? Are you sitting outside or inside? All those things can change, and I'm welcome to answer questions as you connect with us further about different methods. What you need to know today is just to include this. You can do it in whatever way suits you. The first step is consistency, and then you can expand.

#2 Reading

I either read spiritual text or business text, or if it's night I will read something fictional because I find when I read nonfiction or learning text, then my mind tends to wander and it's harder to fall asleep.

So at night I try to read some great life-giving stories. I have moved towards stories that are more life-giving as opposed to ones based around fighting and dark things because we do hold that in our space.

As you open yourself up more and more, you tend to move away from violent things and dark things so you don't put that in your mind. Our mind doesn't know the difference between the story that we're watching or reading, and the reality of our brain. Reading for me is spiritual text and learning texts around business, psychology, and all the things that I want to learn about, and then I just make sure it's a daily activity.

Even if I only read for five minutes, then I'm still having a great opportunity to learn every day.

This changed my life because sometimes I'd say, I'll read later. I don't have time right now.

Then once I just gave myself permission to read for just five minutes, I started actually getting through books faster than I thought. I started creating a list every year of all the books I read that year.

It's profound how many books I've gotten through just giving myself 5-15 minutes to read every day. I don't read for hours and hours unless I'm studying something critical.

Firm rule: I'm going to read a little bit every day.

Flexible rule: I give myself permission to read the amount I want and what I want to read.

#3 Journaling

This was one of the hardest ones for me to start. At the beginning I had to write...

"Today is a beautiful day. The weather is..."

It was almost like nonsense. But then I started to meditate more and read more. I'd sit there with my journal no matter what and give myself five minutes. Over time you'll start to write things down and your intuition will get stronger and stronger.

You're going to start noticing what you know, and you can almost write subconsciously. Just get the journal out and let yourself write. As I write today's date and what's going on today, then I start to have thoughts about that and I start writing. As I became more consistent, I started to write more and more.

Now my journals are quite profound and I've come out of meditation and had considerable downloads about what I'm going to do with my business, what I'm going to do with my family, and life goals. It just flows out of me in a subconscious way.

The time I allocate for journaling is also starting to include my writing. I've written two books and I'm working on the third now. The writing can also be part of this morning routine. So if you want to write either a blog, or newsletter posts, or you want to write a book, then include that as part of your morning routine. Doing it in the morning before the day gets going is the best way to ensure it gets done. A little headway every day gets the job done.

Or you might want to separate writing your content and journaling. The journaling might just be a download that you are receiving from your morning routine that's something to document for yourself or to take notes or look at your intuition.

Again, flexibility is the key.

Firm rule: Give yourself permission to sit with paper and pen and just write for five minutes a day and then see what happens.

Flexible rule: You can choose the length and when you do this every day.

#4 Movement

It's the same with movement, just give yourself five minutes to move. I was really busy when I started this, so I was on the side of my bed doing my movement in the morning. I would do the five minutes of meditation, and then I would get on the floor and do a minute of push ups, and then a minute of jumping jacks and so on. I'd even just stretch for five minutes.

This was a big shift for me. Prior to this routine I thought I needed to go to the gym for 90 minutes. But with the amount of driving required, the time commitment became out of reach, so I just stopped. Giving myself the option to move my body in much shorter periods and whenever and wherever I wanted to, allowed it to happen.

It can be anything. Going on a walk, doing some stretches, lifting weights, riding a bike, kayaking, swimming, do whatever works best for you. We just want to move our body.

Our immune system is boosted by movements.

The lymphatic system, which is part of our immune system, relies on movement and the contraction of our muscles to do its job. So when we lack movement, we actually start depriving our immune system.

Movement also allows us to have better gut function, which is digesting and receiving the nutrients that we're bringing into our body and then eliminating the things that do not serve us.

Firm rule: I'm going to move my body for a minimum of 5 minutes a day.

Flexible rule: I can do this whenever, wherever, and for however long I want.

#5 Cacao and Tonic Herbs

I usually do cacao and tonic herbs last, after this whole morning routine. But sometimes I drink cacao first. Sometimes I feel like I need it and that the cacao and herbs are going to speak to me and give me life during all of these activities. So I want you to mix and match. That's the flexibility. When I sit with the cacao and herbs, I try to sit in silence.

No music, no earbuds, no tv, no cell phones. I just sit with my cacao.

And this is what my meditations were when I first started meditating, I would just let my mind wander to whatever thought I went to.

Now I'm more advanced in my meditations so I want to focus on my union with my soul and God. So that is a much different application and what I've learned to be more of a true definition of meditation.

Now when I'm sitting with my cacao and tonic herbs, that's where I say my prayers, my wishes for the day, my blessings, my gratitude, and then I just sit while I'm drinking that cup of cacao and I let my mind go. You might want to have your journal right there because you might end up writing a whole bunch of stuff that comes through your mind after doing these practices.

Cacao opens my creativity to solve problems and the energy to show up to handle those problems.

When I was paralyzed, cacao became a very integral part of my life.

Because of the fat content and other compounds that come naturally in cacao. Instead of taking any other kind of medicines, I was able to use cacao to feed my nervous system because the brain and the nervous system need good fats. We definitely need fats in our lives. 60% of our brain is fat.

By drinking cacao that has not been turned into a powder we can gain good fats, and cacao has many minerals, like magnesium. Cacao is also mood altering and lifts us up. Which allows us to expand our creativity.

Not only did cacao help me in my healing, it also helped my mindset stay positive and have the capacity for more creative solutions. As a CEO, this is very useful because it helps activate that space.

Usually I sit with the cacao outside, if I can, or I just find a quiet space. I really think of cacao as part of my blessing routine, thanking and holding gratitude for all the things that I'm grateful for, all the people that I'm grateful for, and then asking for the wisdom and guidance to be clear for what I want for that day.

If you don't have a prayer ready, then a good one is...

"Thank you for this life, help me with everything."

...and then just sip on your cacao.

I add many different tonic herbs to my cacao depending on what my body needs on any given day. Lion's Mane Mushrooms has been one of the biggest ones, because it supports the brain and nervous system. Others that I use regularly are:

- ✧ Cordyceps to help with stress, energy and recovery
- ✧ Chaga to help with Digestive health, immunity and blood sugar
- ✧ Reishi to help with calming my mind and restorative sleep
- ✧ And many others such as Turkey Tail, Ashwagandha, Deer Antler, Agaricus, Shiitake, Poria, and Maitake

Firm rule: I add Cacao and Tonic Herbs in my daily life

Flexible rule: I change what amount and what herbs my body needs that day. If I'm doing a spiritual or dietary fast, I may omit all of these for a period of time.

So in conclusion, these five things are very important to my life. They're life giving. I don't live a day without them, and so I'm firm on doing them all. My flexibility is the order and how I do them.

You can do them in whichever order feels comfortable.

Sometimes I'm flying out on an early flight and I don't have time to do all of these right away. So I might do my movement, take a shower and get out the door to go to the airport. But then once I get on the airplane, then I might meditate, read and journal on the plane, usually I'll make cacao and drink it on the way to the airport. Allowing flexibility, but including all five in my life.

There are times that I fast for my spiritual practices or dietary things that I'm doing, so sometimes I skip cacao.

I hope this helps you to create a more fulfilling morning routine.

If you do each of these for five minutes it becomes a 25 minute exercise. That is enough to create the firmness and consistency you need to start.

After, you can expand as you desire or see fit.