

LIZZYLAND

No download required. Just the plan.

The Morning Architecture

The routine, and the list system that makes the whole day work.

lizzyland.xyz

The Routine

If you want to win, you need to wake up before everyone else. That's it. That's the whole secret, and it costs nothing. Waking first gives you time to regulate before the onslaught – before the noise, the demands, the day happening to you instead of because of you.

The Night Before

A good morning starts the night before. Clean your kitchen before you go to bed – you're not doing it for tonight, you're doing it for the version of you who wakes up tomorrow.

It doesn't have to be painful. Go to bed earlier. Read instead of scroll – you'll be amazed how quickly you get tired when you haven't stared at a blue light for the hour before sleep. Read something that gives you sweet dreams, or read about sleep techniques and relaxation instead. Either way – get to bed early.

If you live alone, make your bed the moment you're up. The small dopamine hit starts your day well, and it kills the urge to climb back in.

☐ Kitchen clean, bedtime set, bed made on waking

First Light

When you wake, drink water first. Before coffee, before your phone, before anything. From there, biohacker Gary Brecka's stack is worth building in: hydrate with purpose, get morning sunlight, three rounds of breathwork, cold exposure, move your body, and delay caffeine 60–90 minutes.

Then spend some time with God. Go somewhere visually appealing in your home or garden – if you don't have a space like that, make one. Listen to calming music, the birds, the sea, say a brief prayer, whatever connects you to your spirit. Start how you intend to finish.

☐ Water first, Brecka stack, spirit time

Move The Body

Once you've hydrated and spiritually connected, get the lymph moving. A chi movement session, tai chi, or bouncing lightly on a rebounder – any of the three works.

Lymph rubbing helps too – work these points before you move: collarbones, neck, behind the ears, armpits, stomach, groin, behind the knees, behind the ankles. Then bounce.

☐ Lymph moved – chi, tai chi, or rebounder

Before Anyone Wakes

Send every message you can before the house wakes up — emails, WhatsApps, anything that doesn't need a live voice. Calls wait for office hours. Cross off as many five-minute, quiet tasks as you can while the house is still yours.

Your list for today is small on purpose: your shopping list, and the top 3 tasks from your main list. Just that. Finish them, and only then pick another 3.

☐ Messages sent, quiet tasks cleared, top 3 chosen

The Laundry Rule

Give each person in the house one day that's theirs for laundry — they're responsible for it, start to finish. Small children get one day out of your week just for their laundry. It saves an enormous amount of time.

Once your list is made, put the washing on. Then breakfast — the 30/30/30 rule earns its place here: 30 grams of protein within 30 minutes of waking, followed by 30 minutes of steady-state cardio, heart rate at or below 135bpm. Then go crush your day.

☐ Washing on, 30/30/30 breakfast done

PART TWO

The List System

This is the piece that actually makes the to-do list work — most lists fail because everything lands in one pile with no order and no home for the stray thoughts that show up while you're trying to focus.

If this is your first time making a list this way, or you're starting a new project or goal, it will take a while the first time. That's fine.

Step One — The Brain Dump Page

Divide a page into four: two big blocks stacked on one side, two thin blocks running down the other. In the first big block, write everything you have to do — no particular order, just get it all out of your head and onto the page.

The three surrounding blocks catch everything else you remember while you're doing that brain dump:

- One for a shopping list
- One for calls, messages and emails — people to contact
- One for anything else that comes to mind — important, but unrelated to the main list

Step Two — The Real List

On a fresh page, write your main list again — this time in the correct order to actually achieve your goal. Group tasks into quick wins and longer jobs. If there's more than one stage to get there, group each stage the same way: quick tasks, and tasks that take longer.

Put this list somewhere safe, somewhere you can get to easily.

The brain dump page is where the chaos goes. The real list is where the plan lives. Two separate pages, two separate jobs — don't try to make one page do both.