



“The secret of your future is hidden in your daily routine.”

- Mike Murdock

If you want to achieve big goals in life, make a great positive impact and create wealth, you need the physical, mental, and spiritual energy to make it happen. That’s why creating daily habits and disciplines that nourish your body, mind, and soul are so important.

Developing a daily self-care practice for your well-being, optimum health, youthfulness and vitality will support you in having the energy to work on your business / projects / family. Feeling good will impact your “deservability” level and willingness to go beyond your limitations!

Here is my personal daily routine, recommendations, and some of my favorite products/practices that have empowered me to remain vibrant, healthy and productive through the decades.

DORIA’S MORNING ROUTINE

Here are the daily practices I follow every morning. This sets the tone for my day in a positive and inspired mindset to carry me through the day – no matter what.

- At the start of my day, I make sure that I read inspirational messages. One of my favorites is **Louise Hay's I Can Do It - 365 Daily Affirmations**. I also have read **Daily Thoughts from Hill** for decades www.HillsideInternational.Org Inspirational books and articles also help.
- I drink the juice of **1 medium lemon squeezed into a glass of warm water** first thing after waking up to alkalize my body and cleanse my organs.
- I take the sublingual **C-60 Antioxydant** which protects cells from premature aging and can contribute to overall health and longevity. [Learn more about it here.](#)
- I drink a mug of **Calli Green Tea**: I have been drinking this tea since 1986 when I stopped drinking caffeinated coffee. It has what is considered "good caffeine" and is made with unique herbal extracts that assist in the body's natural cleansing processes and enhance mental alertness and energy levels while helping to cleanse toxins, impurities, and fat from the body. It's so much healthier than coffee, tea, or other herbal beverages that contain excess caffeine!
And for the good news... Our friend Jeremy Hoffman has the most wonderful "not coffee" substitute: <https://drinknotcoffee.com/> check it out!

I also use liquid **Stevia** as a sweetener... my favorite: *NOW - Better Stevia - Glycerite*

- Since 1997, every morning I have been drinking 8 ounces of the ultra-concentrated pH **Miracle Greens product** to get the healthy organic nutrients that I need to give me vitality, ease the aging process, maintain a

healthy weight, and get the long-lasting energy to thrive and be productive all day long.

- **Meditation** – My personal practice involves spending at least 25 to 30 minutes doing **Transcendental Meditation/TM** every morning and evening. I can actually say that this has been one of the most powerful disciplines that I have done consistently for 15 years – I’ve never missed it. The consistency of this practice is to calm our nervous system and allows for a faster, quicker mind – and healthier body. It’s truly the best “nap” you will ever take. It’s like a reset of your mind and body. My spiritual mentor, www.DrSananda.com not only taught me the discipline, she also has worked with me for many years to keep my mind and spiritual growth in alignment with my financial, business and organizational goals.
- I **wait 30 to 60 minutes** after the pHMiracle Greens to have the first meal. When I’m not traveling, sometimes I will not “break” my “fast” until noon or later. Get educated on ways to minimize stress on your digestive system.
- I don’t have three meals a day every day – unless I am in events and having lunch or dinner meetings. It has been found that eating smaller portions daily every few hours is healthier than having 3 “square meals” a day. You don’t have to eat full meals every day. Do research about the benefits of fasting (with good nutritional support) and start listening to your own body. There are many discoveries that have been made about longevity and having good health. One interesting group: <https://www.bluezones.com/>
- I use **LifeWave patches X39** (stem cells regeneration for a younger, healthier state) - **X49 - Glutathione** and other patches which activate my own resources, reduce inflammation, and activate healing when needed.

You can [learn more about them and the science behind them HERE](#).

- I am constantly **walking, stretching** through the day, and doing bouncing exercises as taught in the practice of **Qigong**. I do **core strengthening** exercises recommended by my Physical Therapist to keep my back healthy.
- For brushing teeth, showering, hand washing, and taking care of my body skin care needs, I only **use chemical-free products** such as [Dr. Bronner's](#) soap. The same for deodorant, shampoo, and moisturizing lotion that I have used every day since I was in my 20s. By the way, when I shower I do a gratitude process. I am so grateful for running water, for a beautiful shower, for the privilege that 2 billion people in the world don't have. It activates the experience of sufficiency. Take a shower before sleeping too – wash away the day and those cares. Tell yourself that you'll handle it tomorrow. Now you need the rest. Give your body and mind a chance to recuperate.
- To maintain my youthful appearance, I use [Honeygirl facial moisturizer](#) as well as other all-organic skin care products both in the morning and at night. I am still searching for great organic make-up.

THROUGHOUT THE DAY

- I hydrate all through the day with fresh, organic water. I have had a water filtration system for decades. Worth every “penny”.
- I consume [Collect](#) and different organic protein powder to make sure I get additional nutrients I need to maintain optimum health.
- I abstain from meat (since 1980), chicken, and eggs because I have lost my taste for them. Learning that animal-based protein is not beneficial for optimal health did influence me a bit – but mostly, I am so much more

attracted to healthier foods... My favorite organic market in San Diego:

People's Co-op: <https://www.obpeoplesfood.coop/>

And we wholeheartedly recommend our rock star graduate, Bob Goldberg's: *Vegenaise* and all *Follow Your Heart* products:

<https://followyourheart.com/products/original-vegenaise/> If you are anywhere near Canoga Park in the San Fernando Valley in the Los Angeles area, go to his store and restaurant... He is a total example of true wealth that one can create from building an economic engine around one's life purpose.

Full disclosure... My love of artisan and other fresh bread, cheese, sushi, pasta, Mexican food, and ice cream hasn't dissipated, so I still enjoy them. I just do my best not to over-indulge!

I also highly recommend that you make an investment in purchasing Saladmaster cookware... No metal leakage. I was given a whole set for my 50th birthday in the year 2000 and I am absolutely certain it has supported my good health: <https://saladmaster.com/> Shop around for them... even used they are a great value.

- I give and receive hugs and love from my beloved, friends, associates, graduates of my programs. This is a must to keep my endorphin levels up!
- Every day in the late afternoon or early evening I practice Transcendental Meditation (TM). I haven't missed a day in nearly 15 years and the impact of this practice has been profound. Here's a recommended TM teacher if you would like to learn more: www.DrSananda.com
- I make it a habit to practice everything in moderation.

EVENING ROUTINE

- Every evening, instead of indulging in a glass of red wine, I enjoy a nice glass of sparkling water. *Topo Chico* is a personal favorite. I find it just as satisfying without any of the less-than-ideal side effects of drinking alcohol.
- I take one “50 billion particles” probiotic to maintain my gut and intestinal health and ensure I have the healthy bacteria I need to facilitate proper digestion.
- Before I go to bed, I completely cleanse my face of all makeup, and as mentioned earlier, I use *Honeygirl* facial moisturizer to replenish my skin keep myself feeling youthful and vibrant.
- Again, I use LifeWave patches, designed for better sleep like Alavida... [learn more about them and the science behind them HERE.](#)
- And as mentioned earlier, I take a shower before sleeping too so that I may wash away the day and that which may be disturbing my peace. Tell yourself that you’ll handle that which may be in your mind, tomorrow. Now you need the rest. Give your body and mind a chance to recuperate.
- I use dermal testosterone and progesterone for hormonal balancing. This keeps me youthful and feeling sexy.
- Finally, I make sure to have a good sleep every night. My aim is to get eight hours of quality sleep.

BIO-HACKING:

Now that the definition of “bio-hacking” is expanding, I have realized that I have been supported for the past five decades by supplements and treatments and practices that have enhanced my natural abilities to heal myself.

I have received amazing treatments (some since my 20s) from professional **acupuncturists, chiropractors, bodyworkers, and masseuses**. I have had dozens of **Rolfing** sessions, and other on-the-fringes therapies that have all added to my youthful and vibrant well-being into my 70s.

I started using the **Lifewave** patches – which I consider to be a bio-hack product – at the start of the Covid Pandemic, which I know have supported me tremendously. I am a great fan.

Please don't misconstrue my use of alternative products and practices as not being a believer in science. **I am extremely appreciative of the medical breakthrough and developments that so many scientists are working to support a healthier society...**

As my beautiful Angel friend, Michelle Patterson – who committed her last four-and-a-half years of her life – to **bridge alternative practices with traditional medicine**. She was such an inspiration and a great example... She extended her 3-month-to-live prognosis to nearly five years by being a committed researcher of what was available today. New products / treatments are coming online daily.

The key: **do your own research and be open to all possibilities for a healthy and purpose-filled life.**

Here are some tips:

- Do research about **Hyperbaric Chambers** for oxygen treatments. I have had over 140 sessions since the early 2000s. In San Diego I recommend: <https://sdc4hbot.com/>
- Our friends, Jason Estes and Jeremy Hoffman, have developed this amazing technology for healing – check it out: <https://voidspacetech.org/products/qewellnessbed>
- Carry with you a small bottle of **Tea Tree oil**. Fantastic disinfectant. You can even rub it on your gums when you feel an infection coming on until

you get dental support; and use it as a mouthwash – mix with warm water
– at least once a month.

STRESS-REDUCING / EMPOWERING SELF RECOMMENDATIONS

- Money troubles and financial challenges can create tremendous stress. Stress is the number one leading cause of illness, divorces and family problems.

To support you in being **more prosperous, to uplift and expand your financial deservability level**, do the *Magical Exercises* offered as a gift from me at: <https://fridayswithdoria.com/magicalexercises/>

- Read books like **Catherine Ponder's *Dynamic Laws of Prosperity*** It's a Christian-based book – and i've had friends and clients from around the world, from different spiritual / religious backgrounds who have been positively affected by the affirmations taught in the book. Plus, they have gained a greater understanding of the power of forgiveness which has supported them to create wealth and enjoy a holistic state of well-being as they work on their dreams, and step into their magnificence.
- Best fun-to-read money book: ***The Trick to Money is Having Some...*** I had the opportunity to meet Stuart Wilde before his passing... wow! A total lateral thinker about... everything. I love his humor. You never read a money book like this one!
- **Carry cash** in your wallet or purse. Our subconscious has been trained to perceive cash as “wealth”. Have cash in drawers in your home or office that you open often. Have cash around you – in your car – in your pockets – even if they are small bills.

I highly recommend that you make it a habit to **tip those who serve you** in hotels, etc. Even though you may not meet them, a few dollars on the bed as they come in to service the room will make them feel appreciated...

These little habits will help you maintain an experience of financial sufficiency and maintain a positive money mindset.

Random Acts of Kindness' return by the Universe is multiplied in the most wondrous ways!

- Create a **"wealth corner"** that includes visual mementos and reminders of what you want your wealthy life to look like.
- **Feng Shui** your home to create harmonious balance within your living space. *Money & You* rock star grad Marie Diamond (from *The Secret*) has a gift for this. [You can learn more here.](#)
- **Surround yourself with positive messages** / affirmations art / portraits of those you love / reminders there's a Higher Power, if that is your belief. Or allow the beauty of nature (paintings / posters / screensavers) support you in having a calmer state of mind. During conflicts or trying times, peaceful music and breathing deeply often can also comfort you.
- I **watch comedies / funny shows / comedians** to maintain my positive mindset and sense of humor. If you have done a lot of work on yourself and your unconscious doesn't get activated, then it's okay to watch certain shows or traditional news. There are some **"good news"** shows that are popping up on the Internet and certain platforms. Check out: <https://www.goodnewsnetwork.org/>

For those of us who love Law, in 2024 the American news is like "catnip"... Very entertaining. For others, the best thing is to turn the "tellie" off – but remember, *YouTube* and watching shows on your Ipad is like a "mini-tv"...

Don't judge anything, see what works for you. Don't try to fit other's lifestyles to suit you. Be truthful with yourself.

- I don't agree that only "early risers" are successful. I used to be a night-owl. I did my best work at night – especially when everyone was asleep. Some of my most successful friends are night owls... and some are morning people... Again, **don't try to fit in another's lifestyle.** Discover your own most effective and productive way of being. That will keep you happy!
- I encourage you to consume **very little or no alcohol after 40 years old.** (Enjoy it while you can...) Alcohol dries your skin, promotes wrinkles, and debilitates your organ functions. I know you might not enjoy hearing that... but it's true. Sorry... I used to be a "tequila connoisseur" and used to keep cases of champagne in my home, office, and hotel suites... until 1988. It was one of the best decisions I've ever made. I still drink mineral water in wine glasses at parties so I blend in in the celebratory atmosphere.
- Same with sugar (or "**no-sugar**") **sodas and disguised fruit drinks** that seem to be healthy. Always read the labels – and be aware that this is one of the main reasons for the rocketing number of people with diabetes worldwide.

And don't get me started with the caffeine-laden "soft drinks" or mixed in with alcohol that are so popular!

There are **great healthy refreshments** that you can find in health foods or healthy sections of many of today's biggest supermarkets. In Europe, Australia, New Zealand they have been popular for decades.

There are ways for you to **have your own natural energy** that can be replenished with good food, drinks, meditation and good habits!

HO'OPONOPONO PRACTICE: I have been a practitioner of this prayer since November 1984. At least once a month, I do a Ho'oponopono Prayer to let go of my fears and resentments, upsets, anger, regrets that are held in my subconscious and disturb my peace. **I do this prayer once a month as a gift to our global network, and you are welcome to join . [You can learn more here.](#)** I do not teach nor certify others to lead these prayers. The best "certification" is to do the prayer often and practice forgiveness on a daily basis.

RECOMMENDED BOOKS:

For a simple list of my recommended books go to:

<https://www.accesstocashbook.com/reading/> (the list constantly needs to be updated so be sure to peek in there every once in a while).

FINAL THOUGHTS

Everything that I've listed are just recommendations... Do your own research, and, of course, **always consult your doctor** or health practitioner who can guide your journey to optimal health and well-being.

I know all these steps sound like a lot. But honestly, they are easier to adopt than you may think. Each step is simply a habit. Make the commitment to add at least one step to your routine every week and before you know it, you will have a daily practice that will help you feel vibrant and energetic and years younger than the calendar suggests you should feel – that works for YOU!

Remember, boosting your immune system and "cell health" is key to your long-term wellbeing!

It is **better to follow these preventative daily disciplines** than to deal with the strict measures you would have to adopt to take care of yourself under the stress of dealing with a major disease.

Taking care of yourself is totally worth it!

And lastly, but most importantly (I would have started with this... If you are still reading, you are showing yourself your commitment to radically improving your life...

The key to a healthy, vibrant, successful, prosperous, loving and joyous life is:
SELF-MASTERY.

Much of our work – though we are in the entrepreneurial training space – has always had to pivot to the area of self-development (and **CONTINUOUS IMPROVEMENT**) because the participants take us there. Everyone – no matter how successful or resource-poor they may be – always seem to get to a place where it requires for them to look within.

True transformational experiences and personal growth requires for us to be vigilant and committed to transforming negative experiences to **“learning experiences”** moment-to-moment... To learn from them and to train ourselves to take the higher road next time we are confronted with a tough situation in life... Whether it’s a financial, health, relationship, or family challenge, **be physically and emotionally prepared to handle it.**

Little by little those small corrections that you make on a daily basis will make a positive difference and lead you to a better life.

Keep me posted on your progress...

It’s an honor to share this journey with you!

Aloha Nui Loa,

Doria (DC) Cordova

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