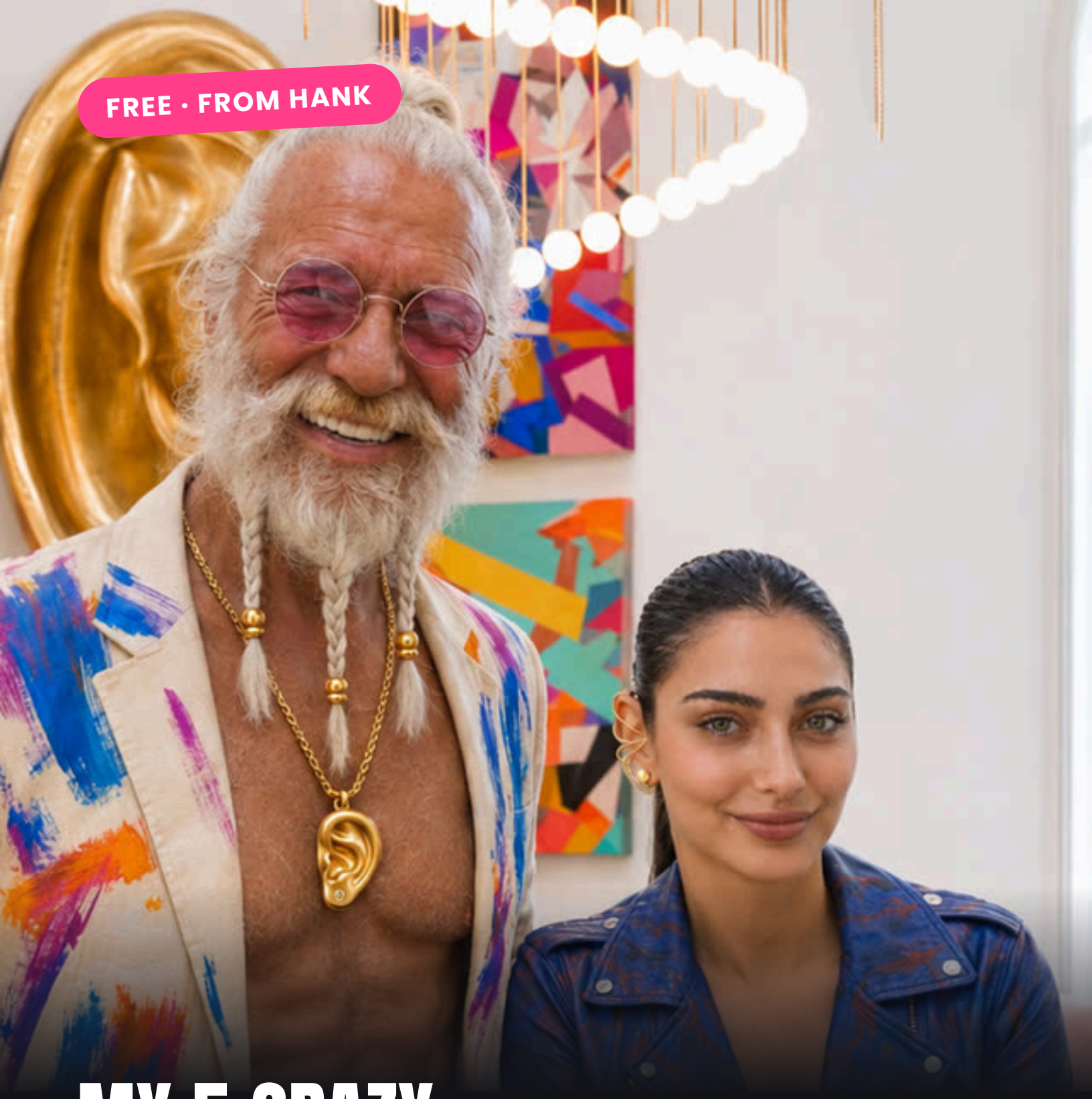

MY 5 CRAZY MORNING HABITS

I'm Hank. I'm 70. **And I'm still having fun.** Here's how my mornings start.

PEOPLE KEEP ASKING ME WHAT I DO BEFORE BREAKFAST.

So here it is. All five. No secrets.

Takes about fifteen minutes. Costs nothing. You don't need a gym, a coach or a bull in the garden. (I have one. His name is Champ. More on him later.)

Some of these look silly. Good. Silly is where the fun is.

Pick one.
Just one.

Do it
tomorrow.

Tell Zara
I sent you.



HABIT ONE

ONE SONG BEFORE COFFEE

I put on one song and I dance in the kitchen. Badly. With commitment. Coffee has to wait its turn.

TRY IT TOMORROW

Pick the song tonight, so you can't talk yourself out of it.



Zara: "The neighbors have opinions about the song."

HABIT TWO

COMPLIMENT THE MAN IN THE MIRROR

Cold water on the face, then I look at the guy and say one nice thing out loud. He has earned it. He showed up again.

TRY IT TOMORROW

One sentence. Out loud. Yes, it feels silly. That's the point.



Zara: "He says it to the mirror. Then to me. Then to the toaster."

HABIT THREE

PRESS THE BUTTON WITH STYLE

I make a smoothie like it's a show. Zara says it takes me four minutes to press one button. She's counting. I'm enjoying.

TRY IT TOMORROW

Take the most boring thing you do in the morning and do it like someone is filming.



Zara: "Four minutes. I timed it. Twice."

HABIT FOUR

TEN MINUTES OUTSIDE BEFORE THE PHONE

Before I touch my phone, I go outside for ten minutes. I say good morning to Champ. He's a bull. He doesn't answer.

TRY IT TOMORROW

Leave the phone on the charger and step outside first. A tree works if you have no bull.



Zara: "Champ likes him more than my dad does."

HABIT FIVE

LISTEN FOR ONE FULL MINUTE

Before I say anything smart, I let Zara finish. One whole minute. I'm 70 and I'm still in training for this one.

TRY IT TOMORROW

The first person who talks to you gets sixty seconds without your opinion.



Zara: "Still waiting for day one."

THAT'S IT.
NOW GO DANCE.

ZARA, FOR THE RECORD

He has never once done number five. But he does dance. Every single morning. I've stopped fighting it.

Next up: what happens when her strict dad finds out how old I am.

New video every day on **Facebook, Instagram, TikTok and YouTube.**

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