



BEPIVOTA LUCIDITY SYSTEM

MORNING ANCHOR CARD

Start clearly. Move deliberately. Stay steady.



Your morning does not need more noise. It needs an anchor. Use this card with BEPIVOTA DAY to create a simple, calm start: hydrate, choose the work that matters, reduce avoidable noise, and begin with intention.

01	Take BEPIVOTA DAY Use as directed on pack. Place it beside a glass of water so the routine is visible and easy to begin.
02	Hydrate first Before the day accelerates, give yourself one quiet minute and a glass of water.
03	Name the one thing Ask: What matters most today? Write one clear priority before the noise.
04	Protect the first focus block Start with a deliberate block of work before reactive messages and distractions take control.
05	Reduce avoidable noise Keep the first part of the day simple: fewer tabs, fewer alerts, fewer unnecessary inputs.
06	Return to the rhythm If the day becomes pressured, pause, breathe, reset the next action and continue. No drama. Just return.

I WILL PROTECT	
I WILL REDUCE	
I WILL RETURN TO	

Need support building the rhythm?

Visit www.bepivota.com to explore more, access the BEPIVOTA Exchange or speak with Lia.

Responsible Use:

Use only as directed. Do not exceed the stated daily dose. Food supplements should not replace a varied, balanced diet and healthy lifestyle. Keep out of reach of children.