

MIKAEL'S MORNING ROUTINE

written by

Jon Galpern

jongalpern@gmail.com

A VIDEO'S FEED --

OVER BLACK;

TITLE CARD: MIKAEL'S MORNING ROUTINE

- INT. MIKAEL'S ROOM - MORNING

A RINGING SUBMARINE EVACUATION ALARM

In complete darkness, MIKAEL AHRENS (mid 30s, Finnish, handsome) rustles against furniture to turn off his alarm.

The alarm shuts off. A LAMP turns on.

Mikael lies in bed rested against the headboard.

His minimalist alarm clock reads --

MIKAEL (O.S.)
It's uhh, 0600 military time.

He shifts to an upright seated position on the bed.

He turns to stare directly at us.

MIKAEL (CONT'D)
A lot of you guys have been asking
about my morning routine so that's
what this video is going to cover.

Mikael looks up to gather his thoughts.

MIKAEL (CONT'D)
Now, a good morning starts with the
right alarm.

He points the camera to his phone resting on the side table.

MIKAEL (CONT'D)
See this sound.

He PLAYS "SLOW RISE"

MIKAEL (CONT'D)
It's awful. You can't win the day
with a soft cutesy sound like that.

He PLAYS "SUBMARINE EVACUATION"

VIDEO ANNOTATION: WHERE TO BUY MY SUBMARINE RINGTONE

MIKAEL (CONT'D)

You see. You must defeat the sleep.
Every day is a war between the bed
and the outside. And the outside
must always win!

Mikael stares directly at us.

MIKAEL (V.O.)

One should not expend time and
energy wondering what to do in the
morning.

He points the camera at his forearm. He has 7 symbols
tattooed: BED, FLEXED BICEP, SHOWER-HEAD, CUP OF WATER +
BANANA, BRAIN, LULULEMON LOGO.

VIDEO ANNOTATION: WHY YOU SHOULD TATTOO YOUR MORNING ROUTINE

MIKAEL (V.O.) (CONT'D)

First I make the bed military
style. Keep the corners squared.
Pull the covers tight and center
the pillow under the headboard.

TIMELAPSE of Mikael making the bed.

MIKAEL (V.O.) (CONT'D)

Then I do a 7-minute HIIT, high-
intensity interval training workout
to get the heart rate going.

TIMELAPSE of Mikael's workout. It's funny and over the top.

VIDEO ANNOTATION: LEARN MY FULL HIIT PROGRAM

- INT. MIKAEL'S SHOWER -

MIKAEL (V.O.)

Then I take a cold shower. It's
super effective for happiness,
weight loss and reducing muscle
inflammation.

The water bursts from the shower head.

MIKAEL

Ahh!
(pause)
Hahaha! Yes! Woo!

VIDEO ANNOTATION: WHERE TO BUY THE PERFECT SHOWER-HEAD

- INT. MIKAEL'S DINING ROOM -

He sits at a Scandinavian wooden dining table set.

MIKAEL (V.O.)
Then I drink one full liter of ice cold water and eat an orange and banana. The ice cold water boosts your metabolism. The fruit primes your body to the proper eating state. You then must wait 30 minutes before your body is ready to absorb the breakfast nutrients.

TIMELAPSE of Mikael drinking one liter of iced water and eating fruit. He closes his eyes and savors every bite.

- INT. MIKAEL'S ROOM -

GONG AGAINST WOOD BLOCK SOUND

Mikael sits on the floor meditating.

MIKAEL (V.O.)
To make the 30 minutes of waiting productive. I perform a type of visualization meditation, but with a Mikael twist. I call it actualization. I act out my future.

VIDEO ANNOTATION: LEARN MY EXCLUSIVE ACTUALIZATION ROUTINE

MIKAEL (V.O.) (CONT'D)
It could be simple, like acting out your future soccer goal celebration.

Mikael with closed eyes pumps his fists up and down.

MIKAEL (V.O.) (CONT'D)
Or envisioning a sexy make out with your crush.

Mikael makes out with the air. It's very awkward.

MIKAEL (V.O.) (CONT'D)
Or dream big! I've envisioned shaking hands with Oprah everyday for 11 years.

Mikael acts out a hand-shake.

GONG AGAINST MEDITATION BELL SOUND

Mikael opens his eyes and shares a blissful smile.

- INT. MIKAEL'S CLOSET -

He opens the double-doors of his walk-in closet. Inside is a monochrome wardrobe: white, grey, and black.

MIKAEL (V.O.)

I keep my wardrobe simple. Clothes should only serve a functional purpose. My entire wardrobe happens to be from Lululemon. Quick disclaimer: I am hash-tag sponsored by Lululemon, but I'd tell you this for free. I love how I feel when I wear it. And when you feel better, you perform better.

VIDEO ANNOTATION: BUY MY COMPLETE LULULEMON WARDROBE

- INT. MIKAEL'S SAUNA -

Mikael sweats heavily in a sauna.

MIKAEL

That's it for Sauna Saturday! Remember to do the work. Do it now, do it on the weekends, nights, do it whenever you have the time, all the time. Don't forget to like, comment, and subscribe. Namaste.

END OF SKETCH