

ARCHITECTING YOUR PEAK PERFORMANCE ROUTINE



Now that you've assessed your current morning routine, it's time to architect the perfect morning ritual for you.

N.B even the slightest tweaks to your morning ritual can result in massive results for your business and personal life.

COMMON EXAMPLES OF HOW PEAK PERFORMERS START THEIR DAY

- Waking up early at a specific time. Using an alarm (*immediately puts you on the front foot to own the day. N.B DO NOT press snooze. Get up and get into it*)
- Review your goals (peak performers read over their goals often and regularly)
- Read/watch or listen to personal development and business development resources (*the most successful people in the world immerse themselves in constant learning*)
- Exercise (*peak performers are fit and healthy*)
- Review your key actions for the day (*at the end of each day, you should write down what your goals are for the following day, then review these the next morning before the day begins*)

The above are common examples. You can choose to replace your existing habits with the list from above, or you can add in your own.

Now, create a list of new behaviours for your morning routine. To let go of old behaviours, we need to find a replacement behaviour to take its place. Do that exercise below:

Continue until you have replaced all your old behaviours.

1. From now on in the morning, instead of (old habit) that (has the negative effect of) I will now (do new habit) that (will have the benefit of)

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**2. From now on in the morning, instead of (old habit) that (has the negative effect of)
I will now (do new habit) that (will have the benefit of)**

**3. From now on in the morning, instead of (old habit) that (has the negative effect of)
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4. From now on in the morning, instead of (old habit) that (has the negative effect of) I will now (do new habit) that (will have the benefit of)

5. From now on in the morning, instead of (old habit) that (has the negative effect of) I will now (do new habit) that (will have the benefit of)

6. From now on in the morning, instead of (old habit) that (has the negative effect of) I will now (do new habit) that (will have the benefit of)

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INSIGHTS

What are your insights?