

# THE POWER PLAY OF THE WEEK

Shareable action-oriented ideas to help grow your business  
and your leadership team.

## THE PLAY OF THE WEEK

Unfortunately, for many people, they lose control of their day before they get out of bed in the morning.

When they wake up, the first thing they do is reach for their phone, and they look at all those messages that came in overnight, all those texts, all those emails, and they haven't even gotten out of bed, and they've lost control of the day of their day.

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## GET ON THE ICE

Peak performers OWN their day.

Here's how you can do the same:

Write out what your ideal week looks like in detail.

What are the important *routines, tasks, habits*, and put them in your schedule.

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## QUOTE OF THE WEEK

***"The best way to predict the future is to create it."***

- Peter Drucker