

THE POWER PLAY OF THE WEEK

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

THE PLAY OF THE WEEK

What is the one thing that peak performers do exceptionally well?

They are remarkably consistent with their daily routines, which move them closer to their goals.

GET ON THE ICE

The Power of Daily Routines

Here are three daily routines to uplevel your game:

1. Create a **"Start My Day Strong"** routine. Mine consists of a mixture of meditation, visualization, music, and journaling.
2. At the end of the day, script out in vivid detail what you want your day to look like tomorrow. Commit to this for 40 days and see the difference.
3. Every morning, write down three things you are grateful for and three things you are looking forward to that day.

QUOTE OF THE WEEK

"We are what we repeatedly do... therefore excellence is not an act, but a habit."

— Aristotle