

THE POWER PLAY OF THE WEEK

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

THE PLAY OF THE WEEK

Would a professional athlete skip their pre-game warm-up?

The answer is obvious, yet many leaders start their days without a structured routine. They dive straight into reactive mode, responding to emails and putting out fires before they've had a chance to warm up their mind and body.

Peak performance isn't random—it's the result of intentional preparation. Just as athletes need their pre-game routine, leaders need their morning ritual to perform at their best.

The most successful leaders I work with treat their mornings as sacred. They don't leave them to chance or let others dictate how they start their day. Instead, they design their mornings with purpose, protect them fiercely, and execute them consistently.

Remember: Your morning routine isn't just about starting your day—it's about setting yourself up for peak performance.

GET ON THE ICE

Here's how to create your winning morning routine:

- **Design Your Ideal Morning:** Write down 3-4 activities that would set you up for success (meditation, exercise, reading, planning).
- **Protect Your Time:** Block the first hour of your day for your routine—no exceptions.
- **Start Small:** Begin with just 15 minutes and gradually build up to your ideal routine.
- **Track Your Results:** Notice how different your day feels when you follow your routine versus when you don't.

QUOTE OF THE WEEK

"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine."

— John C. Maxwell