

THE POWER PLAY OF THE WEEK

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

THE PLAY OF THE WEEK

Think about your favorite sports team. How do they start their game?

They don't casually walk onto the field or ice—they run out with energy and purpose, ready to compete. Yet, how many of us approach our days with the same intentional preparation?

Too often, we let other people's priorities dictate our day before we even get started. The first thing many of us do is reach for our phones while still in bed, immediately surrendering control to emails, texts, and notifications.

Champions don't start their day by accident. They have a solid morning routine that sets them up for success. The first 30 minutes of your day are critically important to how well your entire day will unfold.

Remember: How you start determines how you finish.

GET ON THE ICE

I want you to try these four things - they're simple but powerful:

1. **Script Your Day Before:** Take 5 minutes the night before to write out your next day. I mean everything - when you'll wake up, what you'll do first, even how you'll handle tough conversations. Trust me, this changes the game.
2. **Own Your First 10 Minutes:** Pick your wake-up routine - maybe it's quiet time, deep breathing, or exercise. But here's the key - no phone. Not even a peek. This time is yours.
3. **Rock Your Next 10 Minutes:** From minutes 10 to 20, get yourself ready for the day. I journal every morning with pen and paper. Find what works for you, but keep that phone away.
4. **Create Your Transitions:** Life happens in the transitions. Have a routine for switching between home and work. I have my "Take the Ice" soundtrack - what will you have?

QUOTE OF THE WEEK

"You'll never find time for anything. If you want time, you must make it."

— Charles Buxton