

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 separates peak performers from everyone else?

Routines.

We are what we repeatedly do. People that play at the highest level have solid routines they consistently do. And that word "*consistently*" is key.

I see it all the time with my peak performing clients - they commit to four big routines that create sustainable success. It wasn't easy getting them to do these consistently, but once they did, everything changed.

Your routines are either setting you up for success or holding you back. There's no middle ground here.

GET ON THE ICE

Here are the four routines that all my peak performing clients commit to:

1. **Take the Ice Routine:** Design your first 30 minutes of the day. This isn't about checking emails in bed - it's about getting yourself ready to play at your best. What's your game-day routine?
2. **Script Your Day:** Invest 5-10 minutes the night before to write out your next day in detail. Include emotions, tough conversations, and how you want to feel moment to moment. This isn't a to-do list - it's your game plan.
3. **Focus Time:** Block a minimum of 30 minutes of distraction-free time daily. No phone, no interruptions. Let everyone know you're unavailable. This is where real progress happens.
4. **Review the Game Film:** Use a consistent weekly review process. What were your three wins? What was your one challenge? What's the one thing you'll do differently? Score yourself 1-10 on your key routines.

QUOTE OF THE WEEK

"Success is not a random act. It arises out of a predictable and powerful set of circumstances and opportunities."

— Malcolm Gladwell