THE POWER PLAY OF THE WEEK

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

THE PLAY OF THE WEEK

Stop Checking Your Phone First Thing in the Morning

Here's what most people do:

Wake up. Reach for phone. Check email. Scroll social media.

You haven't even gotten out of bed and you've already lost control of your day.

Peak performers don't do that. They start their day on their terms. With intention. With gratitude. With focus.

My rule: **No phone for the first 20 minutes of the day.** Instead, I start with three things I'm grateful for. Then my morning routine—meditation, visualization, or exercise.

The phone can wait.

GET ON THE ICE

Here's how to take back your mornings:

- **Step 1:** No phone for the first 20 minutes.
- **Step 2:** Write down three things you're grateful for.
- **Step 3:** Do ONE thing that gets you ready to perform—meditation, exercise, deep breathing, journaling.
- **Step 4:** Then check your phone. Now you're in control, not reacting.

QUOTE OF THE WEEK

"How you start your day is how you live your day. How you live your day is how you live your life."

— Louise Hay