



COPY THIS ROUTINE



HOW ARE ROUTINES IMPORTANT TO PRODUCTIVITY?

- Less decision making
- Gets your mindset ready for what is about to happen next
- Creates some space between you and the events that have happened (or will happen) in your day



MORNING

- When I wake up, I immediately go make some coffee.
- While coffee is happening, I do Operation Dishes.
- I start my day by filling in a form I created, which asks me: what are the three things I want from this day?
- I do a five minute meditation with Stop Breathe Think.
- Then, and only then, do I check email and Facebook.
- Off to the races!

EVENING

- Simplicity is key in my evening routine.
- I start drinking cinnamon tea after about 8PM.
- About an hour before I go to sleep, I start watching Bob Ross. I love me some happy accidents!



NINJA NOTE: CONTROL THE TRAFFIC IN YOUR OWN BRAIN, AND YOU WILL BE MUCH MORE PRODUCTIVE.



FOR MORE ABOUT PRODUCTIVITY, JOIN US IN THE DOJO!

