

Day 1: The Power Of Routine

This mini course is all about routine awareness!

To start, we will be taking a look at the power of routine and how you can also struggle with it.

Then, we will be sharing some stories of massively successful people and the routines they used to drive themselves towards their accomplishments.

Almost any success story includes some sort of routine that helped get the successful person there. I think these stories will inspire you, as well as shed more light on just how powerful routine can be.

Most importantly, we will walk you through some simple steps to help you create your own routines. These steps will be universal enough that you can apply them to any area of your life.

You will learn what to do, and what not to do when it comes to creating routines.

If you follow our simple process, you will be able to create powerful routines that propel you towards your goals.

Day 1:

In today's lesson, we're going to be taking a look at how routine can help you in all of the areas of your life.

Whether you are aware of it or not, routine plays a large part in all of our lives. You may not currently be cognizant of your daily routines, but there is a big chance they are a significant part of your success. While on the other hand, negative routines may be unwittingly holding you back.

The dictionary defines routine as: A sequence of actions that are regularly followed.

As soon as you read that definition, you probably instantly thought of a number of routines you follow almost without thinking. These are the kind of daily actions you mindlessly take no matter what.

Most of us inherently have routines based around things like our sleep, eating, hygiene, exercise and much more. Some of these routines are good and some of them ...well not so much.

You might not think about these things as a routine per se, but by definition they really are. They are quite literally a sequence of actions regularly followed.

For example, almost anyone reading this probably has the same type of routine before bed every night. You go to the bathroom, you wash your face, brush your teeth, etc. No matter what specific actions you follow it is probably quite similar each evening. That is a routine.

This guide, is all about being aware of AND harnessing the power of such routines.

Why Is Routine So Powerful?

Routine can be a powerful tool once you recognize its importance. Having routines that you already follow everyday is great, but that is just the tip of the iceberg. When you tap into the true power of routine, and create specific repeatable actions that propel you towards your goals – that's when things get real.

The power of routine can't be overstated. Just revisit the definition mentioned on the last page.... A sequence of actions regularly followed is pretty much the key to succeeding at anything.

- If you want to lose weight, you need to regularly repeat certain actions like eating healthy, or exercising.

- If you want to build wealth, you need to regularly repeat the actions that help you gain and save money.
- If you want to be happy, you need to regularly repeat the actions that make you feel happy.

Healthy, wealthy and happy – that is pretty much success in anyone’s eyes right?

Consciously creating routines actually makes repeating these needed actions easier as well.

Once you have created a routine and committed to it, quite often the actions you are repeating will become second nature.

You won’t have to think about taking action, you will just do it!

On top of that, the more you do something, the better you get at it. By it’s very nature, routine promotes practice.

In summary...

- Routine helps you work towards your goals
- It keeps you working towards those goals regularly
- It makes you better at the work you need to do to reach your goals

Sounds pretty powerful to me!

Why Do We Struggle with Routine?

The biggest struggle we have with routine is not recognizing its importance and/or not actively creating powerful routines in multiple areas of our life.

Most of us go about our daily lives, not fully aware of our routines. We just mindlessly repeat certain actions each day. Sometimes to our benefit, and sometimes to our detriment.

When you are aware of the concept and power of routine, you can actively try to create new powerful ones that can drastically change your life.

At the same time, awareness allows you to identify negative routines that you have fell into, and you can adjust or eliminate them. You may be repeating negative actions daily without even realizing it.

Another common struggle with routine is ability to commit to it. This is usually because of one of the following factors:

- You are creating routines that don't match your goals or passion
- You are trying to create too many routines at once
- You don't have an action plan
- You haven't taken this mini course ;)

But with our help, you'll be settled into a healthy and productive routine in no time!

Now, let's take some time to examine your past and current routines.

Please proceed to Exercise 1