

Day 3: Inspiring Stories Of Famous Routines

In the last lesson, we looked at a few routines that were incredibly successful. It's important to gather inspiration and ideas from these, because it can help you to make your routines the best they can be. They also demonstrate how a good routine can lead to success, and that is a very important thing to understand. Without the motivation and the drive to keep to your routine, you can start to fall off of what you want to achieve. That's why in this lesson, we're going to be sharing some more successful routines with you.

Day 3:

In today's lesson, we'll be looking at 4 more successful routines that you can draw inspiration from.

Jack Dorsey

"I look to build a lot of consistent routine, Same thing every day" – Jack Dorsey

Jack Dorsey might not be as universally known as some of the other people in this list, but that is definitely changing. In younger circles, he may be more popular than some of the others on this list.

Dorsey is the co-founder of tech giants Twitter and Square. Like a lot of tech wunderkinds, he has a fairly strict daily routine that allows him to simplify certain aspects of his life.

His morning ritual is simple. He wakes up at 5am, meditates for 30 minutes, works out and then rewards himself with a caffeine fix.

This is far from a ground-breaking routine, but it has 2 key takeaways that make it worth highlighting.

Your Takeaway:

The first takeaway comes from the reasoning behind his love of routine. In the same interview where we pulled the above quote from, he went on to say that these daily routines allowed him a measure of control even when the rest of his day was throwing all sorts of crazy obstacles at him. Routines can be a source of calm, even in the middle of chaos.

Secondly, leaving his coffee until after his routine is finished, adds a reward to the whole concept. His subconscious knows that if he focuses and gets his routine done, he will receive that reward of coffee at the end. This can be motivating even if you don't consciously consider it a reward.

Stephen King

"I have a glass of water or a cup of tea. I have my vitamin pill and my music, sit in the same seat, and the papers are all arranged in the same places. The cumulative purpose of doing these things the same way every day seems to be a way of saying to the mind, you're going to be dreaming soon." – Stephen King

You'd be hard pressed to think of a more prolific or popular writer than Stephen King. Like the other writers we have focused on, he also has a routine. Just like them, it isn't anything intense, it is basically all covered in the above quote. He wakes up, gets ready and then he writes. The key for him, is the repetition.

He not only keeps his routine the same, but also his surroundings. Right down to the placement of his papers!

Again this isn't groundbreaking stuff but it illustrates an important takeaway...

Your Takeaway:

The cumulative effects of routine are what matter most. It doesn't matter what you accomplish in one day, it matters what you accomplish at the end of a year (or longer) of those days.

What might seem silly and simple in the moment (i.e. making sure your papers are in the same place) is in fact a mental cue that helps you maintain your routine, recapture your state of mind and repeat it each and every day.

Susan Sontag

While she may be a somewhat controversial figure to some, no one can ever doubt Sontag's accomplishments and commitment to her chosen causes.

She not only produced a massive amount of content, she was also refreshingly open about how she accomplished it.

Below is an excerpt from her published journal (*As Consciousness Is Harnessed to Flesh: Journals and Notebooks, 1964-1980*)

I will get up every morning no later than eight. (Can break this rule once a week.)

I will have lunch only with Roger [Straus]. ('No, I don't go out for lunch.' Can break this rule once every two weeks.) I will answer letters once a week.

This isn't her full daily routine, but I chose this excerpt because it illustrates a remarkable takeaway.

Your Takeaway:

Commitment to your routine is key, but do you see how she built flexibility into it by allowing herself a weekly rule break?

It's important to build some flexibility into your routines, so you don't feel like a failure the first time you miss a day. Commitment and repetition of routine is paramount, but don't beat yourself up if you miss a day. Real life happens.

Anna Wintour

Anna Wintour is a massively successful journalist and editor. In fact, she has been the editor in-chief for Vogue magazine since 1988. Whether or not you are a fashionista, you should appreciate just how important of a figure she is in that world.

Like all the uber-successful people in this guide, she has a daily routine. Unlike some of the people already mentioned though, she has an interesting twist. First lets look at her morning...

6:45 AM: An hour of tennis.

7:45 AM: Has her hair blown out.

9:00AM: Ready for the day's work.

The part I love – is the hair blown out. Now, in the world of fashion, it is probably pretty important to look great. However, it's how that blow-out makes her feel that I am interested in. A simple pleasure like getting her hair done, makes her feel ready to take on the world. She doesn't just start her day looking great, she starts it feeling great.

Your Takeaway:

Embrace routines that help you feel empowered, no matter what it is. I am actually telling you to be selfish. All of your routines don't have to be about some greater goal. Sometimes it can be about making yourself feel happy.

Don't be afraid to embrace your personal preference when you create daily routines. You might not want to get a morning blow-out each day, but if you have a daily ritual that really helps you feel better – embrace it!

Now, let's take some time to investigate where your routines need improvement and how you can accomplish improving them.

Please proceed to Exercise 3