

THE BRENDON SHOW

THE THREE WORST MORNING ROUTINES



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SUMMARY



This episode is about the three worst morning routines you can have in place and what makes them so harmful to your psychology. Once you learn about these, you will have clarity about the healthiest morning routine to establish for yourself to gain greater momentum and productivity, and to ultimately win your days.

Follow along in the training with the notes below, then finish the sentence completion exercise to quit poor morning habits, learn how to establish new routines for yourself, and to begin the day with greater intention and peace.

1. Starting Your Day on Social Media

Most people start their days by grabbing their phones and immediately scrolling through social media. In the world's largest study that's ever been done on high performers (top 15% of the most successful people in their field), almost none of them start their day on social media. Checking social media is psychologically triggering the comparison frame in your mind. You immediately start comparing yourself to other people. Every time you scroll and swipe, it neurologically fires off novelty in your brain. What you are doing is neurologically training your brain to be rewarded by comparison and distraction. You are training your brain to live other people's lives. Be thoughtful about when and how you use social media, especially in the morning.

2. Checking Your Email

Your email is nothing but convenient organizing systems of other people's agendas. Think about that for a minute. When you check your inbox, you are checking out of your life. Your emails are filled with requests from other people and when you check it first thing in the morning, you immediately react to other people's agendas. You are taking yourself out of strategy and out of thinking about the day ahead of you. Have your own agenda first, then check your email.

3. Going Through the Motions

Going through the motions is the death of high performance. Having no intention for your day is one of the worst ways to start it. There's this myth that just showing up is the secret to success. Anyone can show up, but very few people will show up consciously, present, engaged, prepared, and intentional. One of the things you can start doing is to take just a few minutes out of your morning and visualize your day and what's on your agenda. If you have a meeting, visualize your meeting. What needs to happen? What can you do to make it better? Think about how you can deliver with excellence. Start each day with intention.

SENTENCE

COMPLETION

As you complete the prompts below, there are no right or wrong answers. Responding authentically and fully is essential in generating and accessing more clarity and momentum in your life.

1

The way I feel after I check social media in the morning is...

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.....

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.....

2

The steps I am going to take to stop checking social media in the morning are...

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3

After checking my email first thing in the morning, the emotions I feel are...

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4

The new approach I am going to take towards checking my email so I can maintain my own agenda is...

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5

I am going through the motions in these areas of my life...

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6

One thing I am going to start doing to live more intentionally (and less on autopilot) is...

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