

**CREATING A ROUTINE  
FOR SUCCESS!**

Date: \_\_\_\_\_ Name: \_\_\_\_\_

1. Inspire yourself for 5 min!  \_\_\_\_\_
2. Thank/ compliment **2** co-workers  
(no repeats)
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
3. Thank/ compliment **2** clients  
(no repeats)
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
4. Read from a motivating book  \_\_\_\_\_
5. Set a small personal goal  \_\_\_\_\_

*The Rules*

1. Inspire yourself for 5 min!

Watch a clip or read an article by motivational speakers such as Darren Hardy, Les Brown, Tony Robbins, or anybody who may inspire you!

2. Thank/ compliment **2** co-workers

„Hey, you’re awesome!“ doesn’t count. Try to notice something that you normally overlook, and let them know you’ve noticed. Go out of your way. If it’s for the client, make it the purpose of the email, rather than an afterthought. And no repeats! Choose a different recipient every day!

3. Thank/ compliment **2** clients

Find a book by an author that inspires you, or that covers a topic you’ve always wanted to work on within yourself; try to read at least three pages every day!

4. Read a motivating book/ article

Ex. Watch a training video

5. Set a small personal goal

Make your bed every day that week  
Help someone complete a task  
Write your grandparents a letter

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