



Morning Ritual Journal.

The morning ritual journal is designed to give you centred, grounded clarity. It's a very short but impactful free tool that, when done regularly, can help you feel more grateful, improve self reported happiness, make you more effective in your work or passion, and give you a sense of calm in the daily storm.

Step 1: The Brain Dump The first step of the morning journal actually happens at night. Write down everything that came up today that needs doing. I do this as the day goes by and last thing before I finish work for the day. It helps me get it all out of my head and avoid poor sleep due to over active chatter in my own head. I usually finish with writing down a few things that I'm grateful for to help my feel calm and happy before sleep. I also write down a "done" list. (A To Do list is always a bit depressing but a Done list makes you feel like you're not just spinning your wheels).

Step 2: Check In With Your Purpose. After my morning coffee and a bit of reading I look at my current goals for myself and my business, (these are written down in the same journal). This sets the lens through which I'll look at last nights list. Quite often theres a whole bunch of items on there that are just "doing" for the business but are not going to have real impact on my life, the company or my clients. So these items will get done or delegated as thats my job. But Quite often they get in the way of the tasks that will have real impact. You know what I mean, the uncomfortable tasks that you're likely to put off because you're busy. The things that will make a difference and drive you forwards that you're procrastinating or avoiding because you might get rejected. By looking at your goals first you will find that it's easier to call bullshit on yourself and see many of the tasks of daily work for what they are: work. By tinting that lens through which you see the world you're helping yourself to take effective actions rather than many actions.

Step 3: Write down the ONE thing, that if you get this done, all other things will be easier or unnecessary.

(lifted straight of of "The ONE Thing" by Garry Keller. Now look at your diary, find time for it. If it's too big for today make sure you're up early to complete it tomorrow. Put other stuff back in order to make this happen. Here's an example: Last month I knew that systemising and centralising everyones training programs at EP and delegating the management of those programs being complete ahead of time and the program schedule being clearly visible to every member of staff would make my life easier, less stressful and clear out mental space. We've acheived that now because I stepped out of the way, asked for help from some one far more organised than I and delegated. I have much more mental space now and the service is running smoother.

Step 4: PLEASE DO NOT SKIP THIS STEP: The Sacred

Pause. STOP, before cracking on with a hectic, busy day, stop for a few seconds. Just pause, don't think. Be quiet for a few seconds. Centre yourself. You're at your best when you have clarity and calm. This three-breath, few second pause will help no end. Recently on the Leaders In Performance Summit, I had the pleasure of listening to Ken Ravizza, a mental skills coach for big league sports in the US. One gem of advice he gave was that after practice, players should have a ten minute period of no phones, computers or any other media. A sacred ten minutes to allow what just happened in practice to be processed and consolidated for better learning and assimilation of the info the just received. Similarly, I think that doing a peaceful morning journal and running straight out the house is a little counterproductive. Just take a few seconds to sit with what you just committed to do today. Let it settle.

Now go and crush it.

EP's online mission is to provide the best possible resource for healthy, high performance living. If you have found this helpful, please feel free to scream from the rooftops about it, stand on street corners handing out printed versions, or even, just maybe, share it on social media. :)

