Morning Routine Submissions

**Kris Snyder:** **kris.snyder@impactarchitects.io**

* 5 - 5:10AM: Awake/Transition/Hydrate/Coffee
* 5:10 – 5:20AM: Meditate
* 5:20 – 5:30AM: Journal/Read/Noom
* 5:30 – 6:10AM: Exercise
* 6:10 – 6:30AM: Shower
* 6:30 – 7AM: Drive/Transition to Work

**Kelly Bianucci (EO Colorado):** kelly.bianucci@gmail.com

The habit that's most unique and thus worth sharing is that I operate on a Friday-Thursday schedule. So Thursday afternoons, I "close out my week" and plan through the next week in detail, including preparing for meetings taking place during that time. This naturally makes Friday a great "get stuff done" day, ensures I spend the weekends how I want to, and avoids spending time on Sunday "getting ready" for the week ahead. Shifting from a Monday-Sunday planning cadence to a Friday-Thursday one has made a big impact on how I experience my time.

**Erik J. Olson (EO Southeast Virginia):** erik@thisisarray.com

There are a lot of things that I get done before my first meeting at 9:00 a.m. I schedule it out in my personal calendar and hold myself accountable to doing these things just like any other time commitments I make. This continues through the weekend as well, although I try to sleep in until 6:00 a.m.

* 5:30 – 5:45AM: Coffee/Write Goals
* 5:45 – 6:15AM: Read
* 6:15 – 6:30AM: Reel/ TikTok/YouTube
* 6:30 – 7:30AM: Cardio
* 7:30 – 8AM: Eat
* 8 – 8:30AM: Shower/Dress
* 8:30 – 8:45AM: Drive

**Ashton Moore (EO DC):** ashtan.moore@gmail.com

Morning Schedule —

Weekday bedtime: 11:40 pm
Sleep six hours
Weekday wake up: 5:40 am

6:00 gym (HIIT/Olympic lifting classes)
7:20 protein smoothie (Huel, protein powder)
7:30-8:00 read books + newsletters (The Hustle &Daily Stoic)
8:00-8:30 shower, dress
8:30-8:50 walk to work & listen to new releases on Spotify playlist to save the best songs)
8:50-9:00 make coffee & it's work time!

Daily Habits/Routine —

1 hour a day of self-improvement for the body, 5 days a week (gym)

1 hour a day of self-improvement for the brain (books usually)

1 hour a day of helping others (coaching, providing guidance/experience, intros or otherwise)

1 hour a day of dedicated non-productive personal downtime (video games or reading nonsense on Reddit)

**Paul Fury (EO Houston):** fury@thefurygroup.com

Tuesday is my work late day if needed: Client dinners, Forum, office work catch up. No grief from family - they know. Wednesday is my leave work at noon day: Family time, honey-dos, relax. Once family and team adjusted, it was wonderful. Now instead of getting asked to do something at a "bad time" my wife and kids will say "hey, Wednesday can you.....?"
Read every morning (helps me wake up) and always make the bed! Weird little habit but Admiral McRaven was right!

**Nils Löwe (EO Germany – Hamburg):** nils@lionizers.com

The most important learning of the last years: The routines have to change as life changes (talk about getting up at 5 for a routing when you have two young kids…)I try to keep a few parts in my life, even if the time and format change: Meditation, Writing, sport every day (even if its a few minutes)

* In the past I got up at 5 to do
* Writing
* Planning the day
* Sport 15-30 min
* Meditation
* Now I normally get up with the kids around 6:30 and we have a morning together until all head out to school/kindergarten/office around 7:45. I try to squeeze 10min of Yoga+Meditation in there
* Plan the day until 9
* Having times blocked for the 3-5 most important tasks of the week before the week starts
* Do 30-60min cardio on every other evening
* Wednesday afternoon is time for my son
* Tuesday afternoon is time for my daughter

**Liz Dyrsmid (EO Idaho):** liz@tlksourcing.com

10 min yoga <https://www.downdogapp.com/>10 min meditation using Insight Timer <https://insighttimer.com/>

Green tea

HIIT workout (MWF) or reading/journaling (TR)

Prep for my day

Start with a couple of minutes of focus & visualization:

* 6-2-7 breath (6 count in, 2 count hold, 7 count out)
* State my personal mission
* Visualize my life in 5-10 years (vision fully realized)
* Visualize my day today (how can I step closer towards realizing my mission?)
* State my personal mission
* 6-2-7 breath

**Anonymous**

Not to be a contrarian, but I think it's worth mentioning that I've experienced the most professional success after changing my life so that only my employees have the highly organized and regimented approach to their days - and I have more freedom to keep my mind straight and think clearly.  My primary contributions to the business are general oversight, financial management, listening in on (and guiding) important meetings, filtering through floods of information to spot patterns, or indications of problems before they happen.  This filtering and general oversight can happen late at night, early in the morning, or in the middle of the day.  Listening in on important meetings can only happen during the day.  Over the past several years, the success we've found has allowed me to start pushing down some of these freedoms to other employees and managers.  I'm sure I could obtain even more professional success if I woke up at 5, made a to-do list, exercised, got 8 hours of sleep, etc. but to me, professional success is only a means to personal success and the ability to be there for my family, and therefore, I don't feel the need to keep on the afterburners at this time.

**Cassie Pinkerton (Marketing Director at Gertsburg Licata)**

I drink the same green smoothie every morning then do my best to wake up my daughter. She is not typically a morning person, so I like to play a song on her Alexa, so she wakes up happy and we get to dance. Recently we have been listening to the intro song of La La Land.

**Michael Beardsley (Associate Attorney at Gertsburg Licata)**

I usually start my morning by chugging a big glass of water then try to listen to 30 minutes of my audiobook before I head to work.

**Eugene Friedman (Partner at Gertsburg Licata)**

Almost every morning I get woken up by my 5-year-old son, he is always so energetic, so I sometimes make him do push-ups to make him relax. After he calms down, I make a cappuccino for my wife and me.

**Oliver Thomas (Associate Attorney at Gertsburg Licata)**

Every morning I take my dog for a walk or a run. I usually get to decide which one we do but he always wants to run.