



## 03. Day 2 - Routines & Habits of Excellence Download

---

### Pillar #7 - Routines & Habits of Excellence

#### What are Routines & Habits of Excellence



- » The routine and habits of excellence skill set is:
  - Knowing how to create and break habit loops.
  - Developing an effective daily routine so that you can be a more consistent performer.
  - Being able to flip the mental switch on and off.



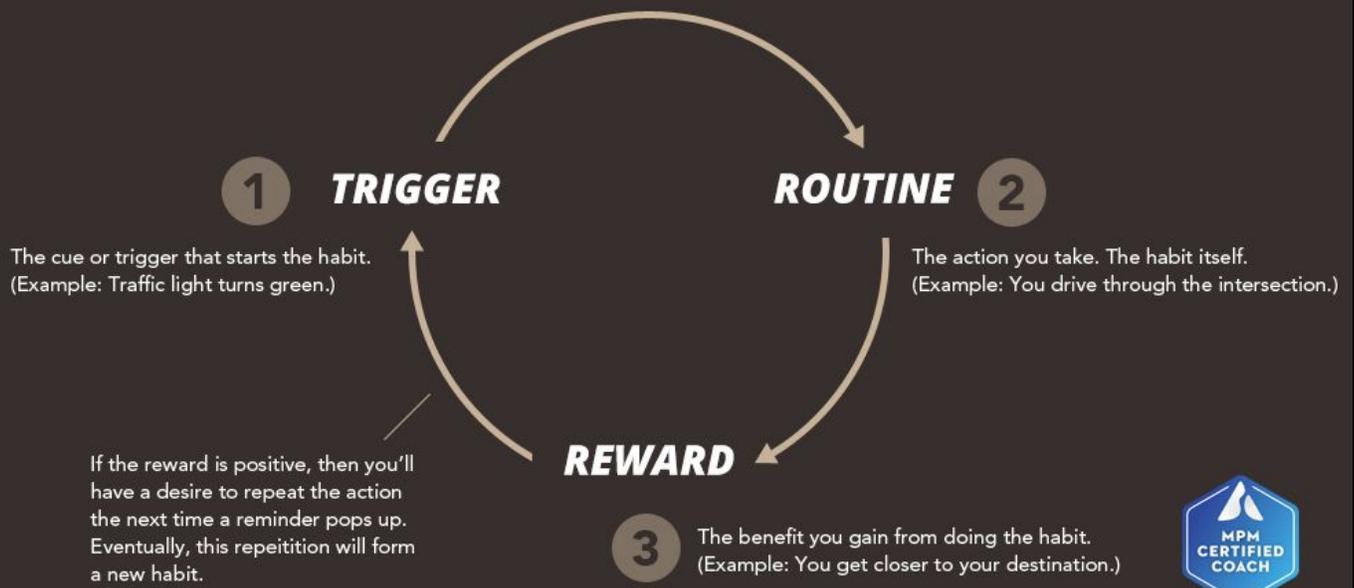
Nothing will change for you till you change something you do on a daily basis.

Tom Brady... *“As early as you can in your career, identify what’s good for you and do more good, less bad and you will have a great career.”*

If you don’t coach routines and habits of excellence, your clients and athletes will fall short of their potential.

“The secrets of success are hidden in the routines of our daily lives.”

# THE 3 STEPS IN THE HABIT LOOP



Change the routines of your clients and athletes, keep the triggers the same. Change the behavior/the routine.

# BENEFITS OF MAKING YOUR BED EACH MORNING

## RELIEVE YOUR STRESS



By making your room look less cluttered, a made bed is an instant way to make you feel more organized in general. This, in turn, has a calming effect on your mind and can help reduce any stress or anxiety that you may have over things like a hectic schedule or long to-do list.

## CREATE A CLEAN ENVIRONMENT



A neatly made bed can instantly make your room look put together and will actually help keep your sheets cleaner by decreasing the amount of exposure to dust or dirt.

## ENCOURAGE GOOD HABITS



By making it a point to make your bed every morning, you'll find yourself naturally wanting to put in the time and effort to make other small changes throughout your day in the interest of feeling organized, efficient, and like you're on top of things.

## START THE DAY POSITIVELY



It's a great way to start your day off with a little achievement; an achievement that can set the tone for more small victories and productivity throughout your day.

If you can't do the little things right, you will never be able to do the big things right.

Flip the switch from student to athlete or from who I am to what I do.



Wed, 24 Apr 2013

**UFC Champ Georges St-Pierre believes two personalities - one Clark Kent and one Superman - needed to be successful**

## Why are Routines & Habits of Excellence important



» By training routines and habits of excellence, you can help clients and athletes:

- Identify and break limiting habits in a clear, manageable way.
- Develop the structure needed to build new habits, reducing the toll this can take physically, mentally, and socially.
- Learn how to rely more on the power of routine when building and breaking habits, and less on a limited supply of self-discipline and willpower.
- Leverage the power of routines before, during, and after competition to consistently perform the best when it matters most.

# THE SUCCESS CYCLE

With Brian Cain

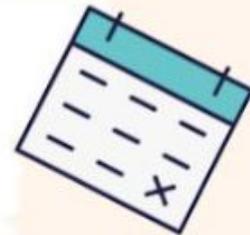


## STEP 1 - SET YOUR INTENTION

What are you wanting to do or stop doing?

## STEP 2 - SCHEDULE IT

What time of day will execute on your intention?



## STEP 3 - MEASURE IT

Keep track of how often you do or don't execute on your intention.



## STEP 4 - R&R "REFLECT & REFOCUS"

At least once a week give yourself a check up from the neck up and reflect on how you've been livin and then refocus for the next week



### **STEP 4**

The Well Better How Process

Well

Better

How



# How to develop Routines & Habits of Excellence

## Strategy #2: AM & PM Routines



**Kyler Murray**  
Saturday

FOOTBALL SPRING GAME	BASEBALL GAME 2 vs TEXAS
9:15AM - Team Breakfast	5:15PM - Arrives at Park
10:40 - Position Meeting	5:40 - Batting Practice
12:40PM - Pregame Warm-up	6:30 - Pregame Meal
1:45 - 1st Off. Possession	7:20 - Infield/Outfield
3:25 - Game Ends	8:02 - First Pitch
4:15 - Postgame Media	11:21 - Game Ends
4:40 - Leaves Facility	11:40 - Postgame Media
4:50 - Stops Home	11:45 - Leaves Facility



### OUR DAILY ROUTINE

AM	PM
Bathroom: <ul style="list-style-type: none"> <li>• Brush teeth &amp; hair</li> <li>• Wash face</li> <li>• Shower</li> </ul>	Pick up toys & tidy room
Make bed	Pack backpack
Get dressed	Put on PJs
Put dirty PJs in hamper	Put dirty clothes in hamper
Eat breakfast	Bathroom: <ul style="list-style-type: none"> <li>• Wash face</li> <li>• Brush teeth &amp; hair</li> <li>• Brush hair</li> </ul>
Take vitamins	Read for 15 minutes
Load the bags	Lights out

KID to KID

# OUR DAILY ROUTINE



## Bathroom:

- Potty
- Wash hands & face
- Brush teeth
- Comb hair
- Sunscreen



Make bed



Get dressed



Put dirty PJs in hamper



Eat breakfast



Take vitamins



Goodbye hugs



Pick up toys & tidy room



Pack backpack



Put on PJs



Put dirty clothes in hamper



## Bathroom:

- Tub time
- Potty
- Wash hands & face
- Brush teeth



Read for **15** minutes



Lights out

# Kyler Murray

Saturday

## FOOTBALL SPRING GAME

9:15AM - Team Breakfast  
10:40 - Position Meeting  
12:40PM - Pregame Warm-up  
1:45 - 1st Off. Possession  
3:25 - Game Ends  
4:15 - Postgame Media  
4:40 - Leaves Facility  
4:50 - Stops Home

## BASEBALL GAME 2 vs TEXAS

5:15PM - Arrives at Park  
5:40 - Batting Practice  
6:30 - Pregame Meal  
7:20 - Infield/Outfield  
8:02 - First Pitch  
11:21 - Game Ends  
11:40 - Postgame Media  
11:45 - Leaves Facility





## **CAIN, BRIAN ROUTINES**

---

### **PM ROUTINE**

- Set Room Temp to 66-71 Degrees
- Check 168 For Tomorrow
- Set Out Clothes For Tomorrow (Workout + For Day)
- Take PM Vitamins
- Put Phone on Airplane Mode & On Top of Clothes
- Charge all devices
- Set Watch Alarm + Back Up With Phone Alarm
- Brush Teeth
- Turn On Sound Machine, Ear Plugs In, Eye Mask On
- Lights Out

### **AM ROUTINE**

- Wake Up
- Turn Off Alarm
- Bathroom
- AM Vitamins
- Weigh In
- Get Dressed In Workout Clothes
- Make Bed
- Start Movement / Workout
- Shower + Eat
- Call Success Hotline
- Read The Daily Dominator
- Check 168 - Deep Work Block - Start Work Day

### **BRIAN CAIN'S IDEAL DAY WHEN HOME**

5:30am Wake Up Routine

6:00-9:00am EXERCISE BLOCK #1

9:00-9:30am Shower & Eat

9:30-10:30am Clear To Neutral

10:30-1:00pm MIT DEEP WORK BLOCK #1

1:00-1:30pm ADMIN

1:30-3:00pm MIT DEEP WORK BLOCK #1

3:00-5:00pm TBD - COACHING/CONSULTING BLOCK / CONTINUE DEEP WORK / EXERCISE BLOCK

5:00-5:30pm Social Clearing (Check & Empty All Social Media, Email, Phone)

5:30-7:30pm EXERCISE BLOCK #2

7:30-9:30pm Family Time / Phone Away / Eat / Shower

9:30pm Lights Out



## LAST NAME, FIRST NAME - 168

---

### **EXAMPLES OF WHAT TO SCHEDULE ON YOUR 168 (Make This Custom & Specific For Your Clients)**

Sleep, Workouts, Deep Work Blocks, Transportation Time, Getting Ready (dress, shower) Time, Meetings, Film, Meditation, Family Time, Off Time, Meal Prep, etc.

---

### **CAPTURE LIST OF THINGS TO DO THAT I WANT TO DO AND NEED TO SCHEDULE:**

1. TBD
  2. TBD
  3. TBD
- 

**TUESDAY, OCTOBER 15, 2019**

**WEDNESDAY, OCTOBER 16, 2019**

**THURSDAY, OCTOBER 17, 2019**

**FRIDAY, OCTOBER 18, 2019**

**SATURDAY, OCTOBER 19, 2019**

**SUNDAY, OCTOBER 20, 2019**

**MONDAY, OCTOBER 21, 2019**

**TUESDAY, OCTOBER 22, 2019**

**WEDNESDAY, OCTOBER 23, 2019**

**THURSDAY, OCTOBER 24, 2019**

**FRIDAY, OCTOBER 25, 2019**

**SATURDAY, OCTOBER 26, 2019**

**SUNDAY, OCTOBER 27, 2019**

**[CLICK HERE TO DOWNLOAD TEMPLATE OF THE 168](#)**

# How to develop Routines & Habits of Excellence

## *Strategy #3: Mental Reps*

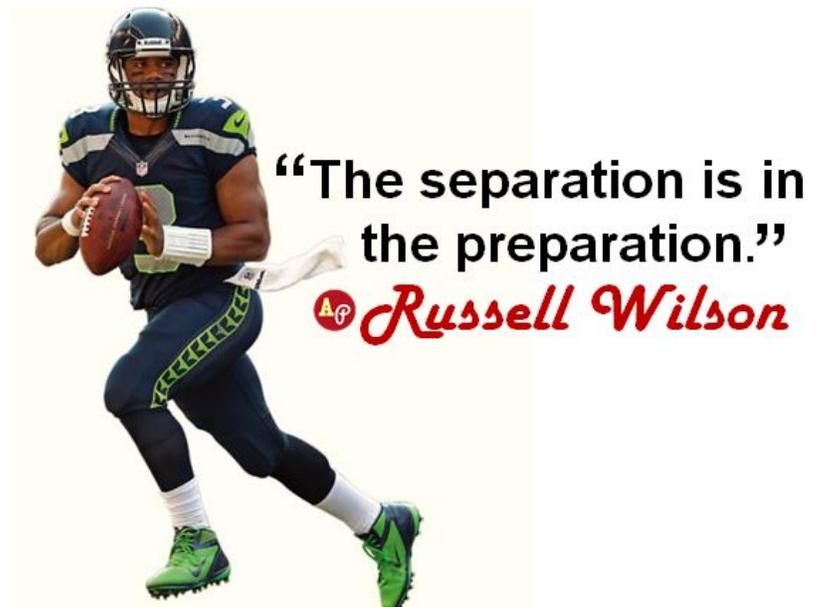


### » Mental Reps

- Part of Preparation Process
- Emphasis Is On
  - Body Language
  - Tempo
  - Visualization
  - Pre \_\_\_\_\_ Routine & Breath
  - Red / Yellow Light Release Routines
- EXAMPLES: Football, Baseball, Basketball, MMA



Football Mental Reps Example  
Baseball Mental Reps Example  
Basketball Mental Reps Example  
MMA Mental Reps Example



## Coming up next...

- » Pillar #10: The Right Culture
- » What It Is
- » Why It's Important
- » How To Develop It

