

# 4-27-20

Sun, 7/19 9:33AM 13:35

## SUMMARY KEYWORDS

routine, habits, finish line, work, morning routine, build, frustrated, micro, morning, anchor, listen, additional, homeschooling, kids, accomplish, stay, lunch, podcasts, stick, normal



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Hi, everyone, welcome to another episode of legendary leaders. I don't know about you, I'm not sure where you're living, but for me, they just canceled school for the rest of the school year. And so naturally as we work through those changes, our routines are changing. Now, we've already had the impact of working remotely from home ourselves. And no doubt you've probably already been. I'm going to call it homeschooling. We all know it's not homeschooling. But let's just call it homeschooling for the sake of discussion. We've been homeschooling our kids already for maybe a few weeks to a month have done it for about a month now a little over that. And so we did that with the the idea that, okay, it's only going to be a few weeks, maybe a month, they're going to go back to school. And so that idea of it coming to an end really pushed us through and motivated us to stay the course right. A lot of times, that's what happens. When we see the end in sight. We know that we're going to be able to make it it's like running a marathon, you can look ahead, and you can see the finish line. So you're not gonna give up because you know, it's there, you're almost done. But with the announcements that are coming out right now, with the continuation of the stay at home orders, maybe they're extending that your area, maybe school was been canceled in your area as well, if you have children, you know, a lot of things that we thought might be coming to an end pretty quickly. And we could see the finish line, it was actually just a mirage on the horizon. And now we're a little bit further out for that finish line than what we thought. And that can feel extremely frustrating and very demotivating. And so the plans that we've had maybe in our minds to go ahead and recover from this or to get back to our quote, unquote, normal routines, has been put by the wayside because now we're going to have to come up with another way to have a normal day. We call it a new normal,



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right? We have to figure it out. So the fact that we need our morning routine, and we need all Our lunch routine and our eating routine we probably do. We need those things. Those are things that we've created in our lives as routines. And as processes, we've anchored those into ourselves to keep us focused on the right things throughout the day.



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You know, for me, it was



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morning routine of waking up and working out and reading and praying, right. And I wanted to journal I had not gotten there yet. And then but then getting up and getting dressed and spending some family time and doing breakfast and taking the kids to school. And then on the way to riding in the car, but listening to a podcast, at least one if not two. And then I would start my day, I'd have a great routine, I'd have a routine with emails and talking to people in the office and getting people working on the right things that they need to work on that day. And, and then I'd move through the morning and then at lunch. It would be you know, I wouldn't go out for lunch. I'd have something there with me already. I have something in the fridge or whatnot. And then it was a little Two additional lessons or watching a live webinar, something that I would do at lunch to expand my brain. And then it'd be afternoon meetings. Right? So the morning would be morning work. Hopefully not too many meetings afternoon would be meetings. And then I would, you know, listen to some more podcasts on the drive to go pick up the kids come home and have dinner and do a little bit more work, whatever that look like, for me, whatever I felt like doing in the evening and family time, and then you'd be done. And I'd do it again. And that was a great routine, because I felt



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like for me,



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I was pouring into myself, I



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was I was ingesting so much information. It was great. And so as these things changed for me, I'm thinking, well, how am I going to get back to listen to these podcasts and and all of these modules that I want to watch and learn and the things that I've invested in so that I can invest back in myself.



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I thought that I was going to be able to get back to that in the month of



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May. And now I'm not going to be able to



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write we're probably All feeling



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that? How do we how do we get back to that routine? Well, what I see happening and what I know happens is that we're all high achievers, if you're listening to me right now you're a high achiever. So you're with me. If you're a high achiever, then what we start trying to do, when we feel like we're losing control, or the finish line has been moved, is we start to push that much harder at getting back to what we consider normal, or what we feel like we can control. And so when we start to do that, we start to put together these huge self improvement plans with these huge routines to try to figure



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it out.



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And, and get back to what we would consider reasonably normal or better than normal, not just normal, better than normal. So for me if I wanted to listen to podcasts in the morning, now, if I'm going to be you know, focused on high achieving, I'm gonna listen to

at least three. Maybe I'm going to wake up an hour earlier in order to do that. And I'm not going to do my lunch routine because I've got to feed



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the kids and help them with their schoolwork.



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Whenever I have a break, in my morning work and so, you know, maybe I'm going to move that into the afternoon, I'm going to spend less family time in the evening because I want to do, you know, my, all of my lessons. And let's say I want to get an eight new podcast and I want to listen to eight different things throughout the day and take notes and brainstorm and focus on improving the business outside of the typical work day. That's, that sounds great. And if I didn't have all of these other things that I want to do, like, spend time with my family, I could probably accomplish that. But to do all of those things while staying at home, and realizing the fact that I'm gonna have some interruptions because the kids are around. I've got to come up with a little bit of a different way to accomplish this. I'm going to get frustrated. And I can tell you that I've done that in the past. I tried to create a morning routine where I would get up and work out for an hour every morning.



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And in the past probably,



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I don't know. 10 years ago, I did it.



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It wasn't a problem. Actually, it was it was less than two years ago, let's say eight years. My son was really young,



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eight years ago, no problem.



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I mean, I would get off, I would handle



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it, I would move through it. And it would be, it would be done. But I also hadn't started several business ventures either, right.



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And my son would go to bed very early. And



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there was not a whole lot of other things to do. And so I could compromise my time.



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And I could make that work. But now,



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I don't want to work out for an hour, I tried to do that. And I would wake up earlier in order to go workout for an hour and I would be so angry with myself, I would be so frustrated that I tried to build this routine where I was going to, you know, get healthier and get fit. And say I will say all these things to myself, but I would wake up in the morning and I would be so aggravated, that the workout wasn't as good as it could have been. So now I just work out for 30 minutes in the mornings, and I don't do any more than 30 minutes, maybe maybe 40 with stretching and you know, cooling down, that's fine. But there is no you know We're hour and a half workout for me in the morning.



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I cannot do it,



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I do not find the joy in doing that.



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She's just not, it's just not enjoyable. So I've got a I have to find a sweet spot. 30 minutes is my sweet spot. So I'm good.



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So,



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if you're sitting right now, and you're thinking, the finish line has been moved, I've got to get control back. I don't have my normal routine anymore. I don't feel like I'm pouring into myself, I don't feel like I'm investing in myself like I used to. So I've got



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to get back to that.



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Not only am I going to get back to it, I'm going to be even better than I was I'm gonna make you know this the stay at home order work something now, beyond the fact that we're staying at home to keep everyone else safe. And that really is the point and that's a value in and of itself. Many of us want to walk out of this with additional value. Additional routines, purposeful internal routines, we bettered ourselves. I'm not talking about bettering your business. We already gone through that, and you're working on that. I'm talking about bettering yourself. So there was an article that I read was a couple of months ago. And it's what prompted me to think about how do I, you know, now that school is out, how do I figure out additional



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personal routines.



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But I don't go crazy and get even more frustrated. And I do something that sort of sticks. And so it's talking about actually micro habits and it was based off of a book called to achieve big goals. Start with small habits by Sabina novice. And so what she talks about in her book is that you have to create micro habits. They are more achievable behaviors that you build over long periods of time. So when I read this little article, that was a snippet out of this book, what I started thinking about was the fact that when I work out, and as I'm building up, you know, and getting strength gains and I'm



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adding additional weight I can do more weight.



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I didn't start with 50 pounds right away.



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I started with 10. Right? If I could only do 10, I started with 10. I couldn't maybe do 50. So I didn't start with 50 because that was pointless, I would just have gotten frustrated and I would have quit. So think about what you're familiar with. We're all we all understand that as we are lifting weights, and we're doing strength training,



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that we don't start with the highest weight.



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We start with what we can handle and we build muscle



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and then we add additional weight as we grow.



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It's the same thing here with building routines and personal habits. You can't add an hour workout routine from from zero and expect yourself to just adapt to that routine very easily. There may be some struggle there and there may be some frustration and what you want to do is you want that routine to stick.



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Right You already decided that working out good for you



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or meditation is important. Reading in the morning before you go to bed is really important because you want to, obviously, there's some great books out there that you want to digest that's going to help you be better personally and maybe in your business.



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So you understand logically the value.



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But emotionally, you're like, I don't want to do this, this is just I'm frustrated already. I don't want to be any more frustrated.



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So



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what this article says is, again, micro habits.



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So instead of doing 30 minutes of meditation, start with 30 seconds. That sounds

achievable, right? 30 seconds, I can do 30 seconds of meditation. Or instead of reading, you know, two chapters of a book, read two paragraphs. two paragraphs is an accomplishment, right? You've done something, something better than nothing. You've accomplished something. And so, what what they what Sabina says is start with something very small micro habit and an anchor that to a routine that you're already into. So let's say you're going to meditate For 30 seconds in the morning, and then you're going to brush your teeth. So now you anchor the new behavior with something that you already do in your morning routine.



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That's just standard,



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it's more likely to stick because you anchored it, and it's more likely to happen because it's small. And then once you do it over and over and over and you do it for several weeks successfully, then take it from 30 seconds to a minute, two minutes, whatever you think you could handle, still keep it small, right? Again, I'm not jumping from 10 pounds to 250 pounds, you're going from 10 pounds or 20 pounds, maybe even 25 or 15. Rather, maybe you're going from 10 to 15 to 20.



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Whatever feels comfortable for you.



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But the point is that we're not leapfrogging from from the 10 to the 50 are slowly building.



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Alright, so anchor it.



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Micro habits slowly build after you've had several weeks of success with a small amount of

time, the time commitment okay. So that's what I'm going to challenge you to do. I know that we're trying to get back to our new normal. I mean, are our normal and this is our new normal, the finish line has been moved for everyone's safety. Right? Keep that in mind.



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When we realize it's for our safety,



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then it's not that we're out of control.



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It's that we're doing our part. Just that mental shift will help us. Okay, so my challenge for you today is if you feel like it's a little bit out of control, internally, you say I want



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I want to get something more out of



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this. Stay at home quarantine. You know, kids are home changing routines period. I personally want to get something more out of it. I want to improve my routine and my habits. I want to change my morning routine or my evening routine. I want to add more value. Then I want you to think about what your micro habit is going to be and what you're going to anchor it to. And I want you to set a two week clock around it and when you successful accomplish that, add a little bit more weight. Right? Keep say with the analogy, add a little bit more time. So that over time, it is a behavior that you have been able to adapt to. And it will stick. And that's the goal, right? You want it to stick. So, think about that. That's your challenge, if that's what you want to do if you're trying to add something additional into your routine or get a little bit more out of the stay at home personally, micro habits, anchoring a couple of weeks of success, then make some adjustments. All right. Thanks for listening.