

1-13-21-Daily Routine

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Welcome to another episode of legendary leaders. This is actually the very first episode in season number two. If you've been listening to us all through season number one, you know that I sat down and I recorded an episode a day for 365 days. And that was just our podcast, you know, just the audio only. And so at the end of November, I started doing this YouTube channel and I started doing the videos. And so now season two is going to be a combination of just once a week, not every single day. But once a week content coming to you every single Wednesday, and you can listen to me either here on the YouTube channel, you can see me or you can listen to me here on the podcast and listen to my voice only either way, you're going to get a dose of legendary leaders, you're going to get a dose of me, Katrina Jamison, I am so grateful that you're here with me, it is always a pleasure to spend time with you. And I'm just excited to kick off season number two, I am ecstatic to kick off season number two. You know, we're a few weeks in here in the month of January in year 2021. You know, I'm bringing it to you I'm even wearing a turtleneck. I thought I'd try a little different outfit today. It's it's sort of itching my neck. I'm not a fan of turtlenecks. I don't know that you'll see this on repeat on any future videos. But I'm trying right. It's all about trying something new here in the new year. So we'll roll with it right. Well, what I'll be doing for this episode, and I think next week's episode as well, is I'm going to be answering a few of your questions, and I enjoy answering your questions. I love supporting you. But I hate questions all the time like Katrina. Talk to us a little bit more about how your day works, how you set yourself up for success. You talk a lot about morning routines, but tell us what your routine is tell us about your overall routine. And so what I would tell you and what I want to share with you today is I do have a morning routine I do. And I'll walk you through what that looks like. But I don't just stop at my morning routine. And that's critically important. And that's what I want you to walk away with today

understanding is that you can't just have a morning routine, you have to have a day routine, okay, it has to be a part of you. That's number one. Number two, a lot of us get into what we call the routine the morning routine, because we should do it and we're supposed to do it, we need to go do that new workout program because everyone's doing it, we need to go do this or that or kettlebells or, you know, hit high intensity, or you know, we're supposed to try this diet or we're supposed to do the cold showers. Right, whatever it is, we jump into these fads. And it's very popular and very common, especially working in the corporate world. Because it's your tribe, right? you've created your own tribe, you are this herd or whatever you want to call it. And so you're all the same. And so when one person tries it, everyone else is going to try it because you're a group, right? And you sort of think the same and, and want to move through the world in the same way? Well, when you step out of that, you will realize pretty quickly that you actually get to set your own intentions. And I know that you know that. But when you break away from the corporate world a little bit or you start to start your own business and your brain moves from corporate only into the ability to create your life, the way that you've designed it the business the way that you've designed it. And then you start to figure out that you don't have to do that exercise. Because everyone else is doing it. You don't have to do that routine, because everyone else says or eat like that, or do this or that you actually get to do the things that you want to do the sustain. You know, a lot of people who wake up every morning and think, Okay, well, I'm gonna go work out. And I'm gonna do it for an hour, because that's what I'm supposed to do. And I'm just gonna go do it. And they dread it. I mean, they dread it every single morning. So think about this, if you wake up every morning, and you're dreading going to work out, does that set your day up for success? Or does that set your day up for just a full day of frustration? Now, usually, and you know this, and I know this, there are going to be days that we wake up on, and I'm so tired. Now that you're dreading the workout, you're just tired, maybe you didn't sleep well, or you're just mentally exhausted or just something happened, right. And those are the days that you want to avoid the routine. And I would tell you as an aside, those are the days that you actually need your morning routine the most and your full day routine. Don't skip those days, that's when you need them the most. But most people wake up, and they just don't want to do the routine because it's not a part of who they are. And they're doing it because they're supposed to not because they want to know because they figured out what fires them up and empowers them and gives them joy and helps them move themselves to the next level. And so that's what I want you to think about as I go through my routine. I share it with you realize number one, it's not just a morning routine. It's a full day. And I started this in October. If you've listened to the other podcast, you'll know that I don't wait till January to start things I start things October,



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October, mid October, sometimes November, I'll add some other things as I tweak and figure out exactly what I want. But I started this last year, I'm carrying it forward through this year. And so it's not just a morning routine, I've developed it through a daily routine, and it's now become a part of who I am. It brings me joy, it makes me happy, I'm empowered on. I'm excited. I'm grateful for the day, I take times throughout the day to do different things. And so



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let me share with you what that looks like. Because I want you to walk away with two things today, I'll



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keep saying it over and over and over. It's not just a morning routine, your morning routine needs to carry you throughout the day. And we'll talk to you what that looks like. And then number two, it's got to be a part of you. It can't just be a should, it needs to be a must. And when it becomes a must for you. That's because it's a part of who you are. Okay, so let me share with you what my muscles are, and what my full day routine is. Fill in that I got my rubber ring on today. Alright, sorry, I'm getting a little distracted. Let me refocus back on you. I have multiple wedding bands that are weird. And I don't even remember what I put on when I work out in the morning. So we've got the blue one on today doesn't even match the outfit, but it's a okay, right? We're rolling with this. Who cares? Right? Who cares? Okay, so my routine, I wake up in the morning, usually between five and six, usually



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about 530. Okay, I get up at 530. The first thing I do is I stretch I get out of bed, I immediately go get



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16 ounces of water, and I drink water I drink at room temperature and it has lemon juice in it. Okay, so it's lemon water, do that, get myself moving, I will go ahead and actually take a shower first because I want to wake up, and I want to get my body moving. And that wakes me up. So I take a warm shower. And then I turn it all the way cold. And I stand in it for as long as I can to get that lymphatic system moving, get my breath going, then I get

out, I put them on workout clothes. And about that time after I've done all that it's been about 30 minutes since I had the water. I'll go in and I'll drink celery juice. So I'll go in and run the juicer, and I'll drink 16 ounces of celery juice. Take that break it down. And the next thing I do is



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you know I



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go in and I get everything set up and I start doing what I what is called kinergy. So if you're not familiar with kinergy,



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by Julian Hoff, go check it out. They are amazing. I do kinergy every morning, shout out to my kinergy people,



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they are great. I love them, they get me fired up. It's just a great movement. It's both for men and women. But it's a movement of your body. And it's changing your breath. And it's a connection to yourself and your intentions. I know it sounds maybe a little fluffy, but you're moving your body, you're doing AB work, you're doing arm work, you're doing leg work, it's a workout, I mean, you're going to sweat doing this, but it also connects you to you. So it's a it's a great combination of work. And so you should check it out, I enjoy it. So I do that. And then after that I go and I get on the rebounder. So the rebounder is a mini trampoline, right? The indoor little mini trampoline that you have, it's called a rebounder. If you have one, you know what I'm talking about. And I get on there and for 25 minutes, I will do full rebound. And that's where the sweat comes, you know, and you're talking about working your legs and your abs, and your back. I mean, your whole body's moving because I'm moving my arms. And that's where I do 25 minutes of incantations. And so I just, you know, talk about who I am and what my purpose is, and all of the incantations that I put in there, I can, what am I and what can I do? And what am I going to do, right? Essentially, what am I going to accomplish, and in my mind, I already have so I do those incantations for 25 minutes. So then after I finished those pieces, then I go and I do some stretches and I move my body in a certain way. It's called a golf skew. If you haven't

learned about a golf skew, check them out. They are great as well. And so I have specific exercises that allow me to move my body a little bit, I have a tight, left hip. And so I use those exercises just to loosen up my body and allow it to move and prepare myself for the day. I do that. And then of course, then I'm gonna get ready. Sometimes I take another shower just depends on how much I have been sweating through that whole exercise, right? And what I need to accomplish in the day, some days I don't, that may be kind of gross, but some days, obviously I do. So it's depending upon the day. After that, I'll cool myself off, I'll get everything you know, put myself back together. I'll sit down and I will do 15 minutes of priming. And so 15 minutes of priming is specifically with Tony Robbins. I watch one of his videos, his YouTube video, I listened to it rather. And I go through a process of breathing and focusing on gratitude and, you know, some meditation, and I'm seeing some of the goals that I have already done, I'm visualizing and then I'm going through a process of just simply being grateful and, and being prepared for the day being grateful for what the day is going to bring to me and what I'm going to give and serve and provide to the world. So it's a centering moment for me about 15 minutes. I really enjoy that. And then of course, I'm dressed and I'm putting makeup on at that point, I'll go have breakfast, and I'm ready. I mean, I am unstoppable at that point that does that sound like I'm doing any type of weights or, you know, running around the neighborhood or doing all these things where it's really high intensity? And the answer is no, not in the typical term, of what people would consider high intensity, but it is what I need. It's what excites me, it's what gets me ready for the day, it leaves me empowered, I'm in such a good state, I'm in such a good state of mind, and my body feels so good. And you know, I just can't argue with it. So I have truly prepared myself for the day. And then I go have breakfast, like I said, you know, I'm having oatmeal with some honey and some bananas right now. That's what I'm doing. It'll change a little bit here, there. But, I mean, it works. And it fills me up. But it tastes good to me. So that's what I do. And then I start my day, when I mean, start my day, I mean, like I'm working. And that's when I start checking the emails and doing all the work and all of those pieces. Now, my family will come in and out of that a little bit, you know, I'll check on the kids and do some things. But as far as my morning focused routine, that's what it is. And then throughout the day, I have different alarms on my phone. And those alarms remind me to breathe, right. And so I'll do, I'll do breathing exercises throughout the day, and I'll stretch and I'll move my body and I have different songs that play as part of the alarm, right to remind me of what what I need to do, and it brings a smile to my face, which again, keeps my energy up. Because if I'm smiling, I gotta be feeling good, right? I mean, if you're smiling, you're feeling good. So I do that. And then as I move through the day, and through the evening, at about 7:30, at night, I'll sit down, and I'll do a meditation. And I do that it's a meditation with mastercode. So if you don't know, mastercode, go check out mastercode he is he is phenomenal. I really enjoy the meditation with mastercode. So I do that every day. And then you know, obviously, I'm spending time with family, and I'm doing different things. And then at night,

before I go to bed, before I close my eyes, I do tapping. And so that's with Nick Ortner. And if you go check out the app, tapping solutions, you can go do some tapping. It's where you're you know, you're



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tapping on, you know, different parts of your body, different, you know, nerve endings, and you're saying different things, you have a different focus, but it just allows your brain to release the stress or allow you to sleep really well. And I know that from experience, when I tap before I go to bed, I sleep extremely well, I never really had a problem sleeping before. So I wasn't doing it because I had a problem sleeping. I just wanted to allow myself to have a really good rest. And so I find that when I do that I rest really well. And so that's my routine. Now, is that right for you necessarily? No, it doesn't have to be. Maybe you like some of those things. Maybe you don't like any of those things. Maybe your routine is already working for you. And what I would tell you is that's awesome. At the end of the day, people ask me all the time, what do you do? And how do you do it? Why do you do it, Katrina, this is what works for me. And that's the key point, I have allowed myself to look and say, what's going to fill me up in the morning, what's going to leave a smile on my face, what's going to allow me to give and be what you need me to be right what I need to be for my clients what I need to be for my family what I need to be to serve and contribute through my business right through legend. And so when I thought about what does that look like, for me, these are the pieces that that work for me. These are the pieces that served me well. And so you know, of course, I'm drinking water, and I'm eating different things that keep my body healthy. I didn't talk about any of that. But when I think about a routine, it's more about what am I doing with my body? or What am I doing with my mind. And so that's what I wanted to share with you today. My challenge for you, as you continue to move through this first month of the year, is instead of worrying about all of the resolutions and the things that people tell you you need to do or what your peers doing in the corporate world that everyone's gonna jump on the bandwagon and do. What I tell you to do is ask yourself, what is going to serve me? What's going to leave me feeling amazing. Leave me feeling empowered, leave me feeling just so full, that I can't help but give some of that joy and happiness and excitement to other people around me. And when you find that mix, people are going to be looking at you and going, what's going on with her. Something has changed. She just seems like a different person. She's so much happier. And at the end of the day isn't that what the routine is all about, is to set us up for success throughout the day. And keep that momentum it's it starts in the morning. The momentum starts in the morning, but you carry it forward. And we all know that if we start a car and we hit the gas pedal, we're going to get some momentum is going to carry us forward even whenever we take our foot off the gas. And so when we start working out or doing our morning routine, that's our us putting our foot on the gas pedal in the car and

we start moving really quickly. Then when we stop that morning routine, and we go start doing our work and answering the emails and doing whatever we need to do in our business for the day, you know, we take our foot off the gas, and so things start to slow down in that car.



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But if



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you have different points throughout the day to remind yourself to go back to that energetic point, that's you putting your foot on the gas and the car just moving again.



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And what



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you want to be able to do is move yourself throughout the entire day. And that's what a lot of people don't realize, and they forget or



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they they know, but they don't prioritize. Or again, that's not what everyone else is doing. And so maybe I just need to do what everyone else is doing. Because, you know, you want to be part of the crowd.



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And that's normal,



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normal, nothing's wrong with that. And if it works for you, I'm here to champion you, I want you to be successful. That's all I care



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about. So



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that's what works for me. Go find what works for you still shamelessly go and use any of the parts that I just shared with you try all of the parts if you want to. But that's my routine. I hope that your routine will serve you well go create one if you don't have one. Mix and match until you find what empowers you, but create the momentum that you need to carry you through the day. And as always, go and be legendary.