

Volume 09, Issue 36: Stick With A Routine

Earlier this year, we talked about routines being a means to an end. I have been listening to podcasts by Eric Thomas and Mel Robbins that have stirred up new zeal in me about the importance of sticking to a routine and keeping a schedule. I have found that for me, the only way I show up and do the things I said I would is by sticking to a routine. I fail miserably when I ease off my schedule. I really liked how Eric Thomas and Mel Robbins nailed the point that I couldn't wait to lay it out for your benefit.

Most of us don't get up each day without an intent. If you are a young aspiring sportsman like my son, your goal may be to play in the NBA. Students want to pass their exams and most of them have good plans of how to do that. But in the absence of a step by step execution strategy, a good intention may well remain just an intention at the end of the day, at the end of the week, at the end of the month, even at the end of the year or a lifetime.

Eric Thomas emphasized having a schedule. You don't go to war without a plan. We need to be strategic. We may not want to admit it, but the truth is, we are not as strong as we thought we were. We are not as intelligent as we thought we were. We don't want it as bad as we thought we wanted it. It's our routines - it's what we do every day repeatedly that gets us to our desired destinations.

When you realize that your strength is in your routine, you stick with the program. You don't hope or wish your way to your dream, you routinely work your way to it. You don't wait to feel like it to take the actions you said you would, you follow through irrespective of mood or season.

Eric Thomas reiterated that the DNA of your success is in your routine. You are not as deep as you think you are. You have to find a routine and stick with it. Granted, out of 365 days you are going to have a few bad days, but the strength is in the routine. Find a routine and stick with it.

Mel Robbins alluded to the importance of having a morning routine that we also talked about earlier in the year. You must come up with a morning routine that you do every single morning, or at least more mornings than not, that puts you in control of yourself and in control of your

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day. You will be amazed by the power that you get from starting your day off right and being bigger than your excuses and being in control.

First and foremost, wake up on time. When that alarm goes off, get yourself out of bed. Why is that important? For persistence, says Mel Robbins. This is because the first decision that you are making of the day is to actually get up and get moving. That means you are persistently bigger than your excuses. You are persistently bigger than feeling lazy. And you are persistently beating the feelings that typically stop you.

Secondly, figure out your priorities for the day and then get to work on them. These are the things that matter to you. Whether it's sharpening your skills on a certain subject, or getting your reports ready for a meeting; or whether it's changing how you treat your spouse or your kids, or getting some exercise going because you said you would.

Start your day by getting up on time, figuring out your priorities and getting to work on them. Have the focus and the discipline to start your day off with you in control and with your priorities front and center. Find a routine and stick with it day in day out and don't allow your excuses to stop you. Refuse to let other people's priorities hijack your day by laying out your priorities on a schedule to make sure you get them done first.

For His Glory,

Lillian Chebosi