

PEAK PERFORMANCE BLUEPRINT



TC24 EXCLUSIVE BONUS

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INTRODUCTION

Are you as successful in every aspect of your life as you'd like to be? Probably not. Most people aren't, and that's okay. That's fixable. The key problem is that "success" isn't something they teach in school.

Sure. They dance around the subject and sometimes you get a teacher or professor who really "gets it," and will impart a gem of wisdom or two that you can use far beyond the classroom. But let's face it, *how often does that happen, really?*

Not nearly often enough.

Fortunately, the fix is easier than you might think. The best way to learn how to be more successful in any area of your life is to study the moves of other successful people. Once you see what they're doing, you can start doing something similar.

Note that you don't want to outright copy their methods move for move. The reason is – everybody's different. Maybe they do some things that you're just not willing or able to do. But if you understand both what they're doing and why they're doing it, you can find ways to do something similar and really make it your own.



I've made it my business to study the habits of highly successful people who I admire greatly. I've been doing that for more than twenty years and let me tell you, it has made a huge difference in my life. I'm more focused and more committed to my goals, and I get more done by noon now than I used to get done all day when I was younger.

In the short report that follows, I'm going to teach you one of the secrets to success. I've been using this strategy for as long as I've been studying successful people, and modifying it each time I learn something new.

The thing is morning is the best time of the day for success and there's a simple reason for that. If you can really move the needle before you break for lunch each day, you'll build momentum. When you build momentum, it's easier to accomplish more for the whole rest of the day.

A strong start in the morning makes you visible, tangible progress and once you've cleared a few major roadblocks out of your way in the early part of the day when you're at your best and have your highest energy levels. You can keep knocking stuff down for the rest of the day.

Sure, some people happen into that accidentally, and they might have one or maybe even two good days a week. Then somehow ... they lose it. They lose focus or motivation and the rest of the week kind of gets away from them.

The solution to that is routine. Once you train yourself and get into the habit of starting strong in the morning, you'll start having more and more "good days" in a row and that's really how you get things done and become more successful. By stacking your good days, one right after another.

Each time you do, you move yourself steadily closer to whatever goal you've got your sights on.

Before we get to the routine itself though, there's something important that you need to do. You might feel a little silly doing this but trust me, it's super important and you should do it at least every six months to a year, so you can make sure you're still on track.

Yes, it's true that there are only twenty-four hours in a day, but you can rearrange your day to recapture more time than you probably realize. If you want to be successful, the very

first thing you want to do is to turn “dead time” into productive time.

The first part of this isn't actually part of your morning routine, but something you should do before you create your own morning routine. That is perform a time analysis study on yourself.

For a solid week, write down everything you do during the day, and how long you spend doing it. Some of the things you discover about your daily activities might disturb and dismay you but don't let it get you down.

The reality is that everyone has “time sinks” that chew up big chunks of their day. Your goal is to track them down and reduce or eliminate them. For me, I had two big time sinks. Checking email and Facebook. I had this almost OCD need to respond to each and every email the second it came in which meant that I was constantly checking my inbox. It was literally eating up to four hours of my day, just checking and responding to emails.

I fixed that. Nowadays, I check and respond to email for twenty minutes right after lunch, and another twenty minutes at the end of the work day. That's it. From four hours to

forty minutes, meaning I recaptured more than three hours a day just from that.

By forcing yourself to only check email a couple times a day, and by limiting the amount of time you spend on that task, you get really good, really quickly about responding to only the most important stuff and either delegating the rest, or simply ignoring it. Let's face it. For most people, a lot of the email we get is far from critical anyway.

I also discovered I was spending more than an hour a day wasting time on Facebook. I'd log in “for just a minute” to see what my friends and family were up to and before I knew what had happened. I'd spent thirty minutes or an hour watching cute kitten videos or reading about the party my cousin went to last week. It was nuts.

Now, I only check Facebook on the weekends and I limit my activity there to half an hour. That's another hour claimed, each and every day, or about four and a half hours total (for a single day). Imagine what you could accomplish if you could give yourself the gift of four and a half hours each day, every day, for the rest of your life?

Do you think you'd be able to parlay that into more success? You bet you would be having that much more time at your disposal makes success tons easier than it otherwise would have been and all you did was identify what you're wasting time on and curb it.

In your case, it might be email and Snapchat. Or Pokemon go and Facebook, but almost everyone has something (or several things) that are big drains on productive hours in the day.

Find them and reduce or eliminate.

Then you're ready to start your new Supercharged Success Routine, and here it is:

I'm going to give it to you at least in broad strokes how I manage and map out my whole day. But I'm going to spend some time really focusing in on the morning routine, for all the reasons I mentioned above.

If you nail the morning routine and get off to a strong start. then you're almost guaranteed to have a strong rest of the day.

Consider this then to be your top 10 things to do each and every morning from now on:



THE SUPERCHARGED SUCCESS ROUTINE

GET UP EARLIER

But let's be realistic here. If you normally roll out of bed around 9am, don't start setting your alarm clock for 6am and expect yourself to stick with it. This week try getting up fifteen minutes earlier than you normally do. Once you've adjusted to this (a week should do it). Move your alarm clock back another fifteen minutes.

Do this until you're getting out of bed at least one hour earlier than you were before. This is hugely important and not just because it gives you a whole extra hour to play with. This hour isn't productive time or at least not directly. This hour is "you" time.

DRINK WATER

Start each and every day with a tall cold glass of water. The reason? The cold will help to jumpstart your metabolism, kicking it into overdrive.

If you're struggling with weight problems. This will help. Even if you're not, it's a good way of "training" your body to recognize when it's time to start another productive day. It's an important psychological marker, even if you're in peak condition.

EXERCISE

When you get up, before your body has a chance to lodge a protest, you're going to move.

You're going to throw on some sweats and walk for twenty minutes. Around the block as many times as you can fit into that twenty minutes.

That's a third of your hour gone right there. But here's another trick about successful people.

They multitask. Almost everything that they do serves at least two different purposes, both of them important to achieving their goals. With that in mind then, while you're walking, you're going to ...

LISTEN TO INSPIRATIONAL PEOPLE

When you're out walking, you're not just going to be stumbling around the block – you're going to have your earbuds in. Listening to words of wisdom and encouragement from successful people who you can draw motivation from.

Think Tony Robbins. That kind of thing. What this does is, it puts you in the right frame of mind to attack and conquer the day. It's like caffeine but for your mental and emotional side. It will inspire you to go out and do great things.

BREAKFAST

After you finish your morning walk and inspiration, you're going to hop in the shower then get ready for a nice, slow, leisurely breakfast. Why? Because breakfast really is the most important meal of the day, and your brain is going to need fuel so it can power through the morning hours.

There's no one "right answer" where breakfast is concerned. Different people have different tastes. If you like smoothies. They are fulfilling nutrition-packed breakfast on their own.

Here's what a typical breakfast for me looks like, and why each item is included:

1. **Two or three cups of green tea** – This is my coffee replacement. It gives me a jolt of caffeine and lots of antioxidants to improve my health. Good stuff.
2. **Three fried eggs** – Eggs are great brain food and loaded with proteins, vitamins, and minerals your body needs to power through a busy day.
3. **Two slices of whole wheat toast with fresh made preserves** (I like strawberry best and grow my own but whatever your preference is works) – the reason for including this item is that the bread and the jam are both filled with carbs and sugar, respectively. This is going to

give me a good 2-4 hour burst of early morning energy.

4. **One sliced orange** – This is important because the orange also has lots of sugar. It's got tons of fiber too. That fiber is going to act as a time release capsule doling out more sugar to me throughout the day, giving me a boost that will last for most of the workday and that's good stuff.

These breakfast items work well for me but by all means, make whatever changes you see fit to really make it your own.

What you'll find though is that a breakfast like this combined with that big glass of water you had when you first got up will really make you feel full and satisfied.



STRATEGIZE FOR DAY AHEAD

Remember before, when I mentioned that the most highly successful people multitask? That their actions tend to serve more than one purpose that leads you to your goal? Well, while you're having breakfast, you'll be doing this.

Yes, part of it amounts to planning your day, which is kind of generic sounding, but it's actually much more than that. Here, what you're going to be doing while you're enjoying your breakfast, is going over the items on your to-do list for the day (which should be written down with pen and paper because this makes you more accountable to yourself).

The key thing here is to identify the one thing that's going to be the hardest, most beastly thing you have to contend with for the day. That's your first mission. Knock it out before lunch.

The reason is simple: Momentum. If you knock out the biggest obstacle of the day, then when you return from lunch, you'll really feel as though you have accomplished something.

Plus, with the day's "big thing" out of the way, it's easier to knock out the

small potatoes. What I have found works best is to break your day's activities into two groups. "Must do's" go to the top. "Nice to do's" go to the bottom. Every day, your goal is to chew through all your must do's (starting with the hardest one) and as many of the others as you can.

Any of the "nice to do's" that don't get done today will join tomorrow's "must do's." This keeps you honest and accountable to yourself. If you find that you keep skipping over an item and it lingers on your list, ask yourself if it really belongs there. After all, if you keep passing on doing it. How important could it be?

PLAN AHEAD

This is different from strategizing your day. This is a simple acknowledgement that even if you carefully structure your breakfast so that it provides you a nice energy boost for a big part of the day, sooner or later, you're going to start running out of energy.

Be ready for that. Pack snacks to bring with you to give you a mid, or late-day boost. I love trail mix. The kind with the mixed nuts and M&M's in it. Two little Ziplock

baggies of my favorite trail mix tucked into my lunch bag, and I'm out the door.

Then, when I need a quick pick me up, I can open up my goodie bag and down a few mouthfuls of sweet and delicious energy and get back in the game. Whatever your quick energy snack of choice is, make sure you've got some with you. Nothing kills productivity quicker than running out of gas halfway through the day.

HAVE A STRATEGY FOR HANDLING YOUR SOCIAL MEDIA AND EMAILS

We talked about this in the first part about time sinks. Limit yourself to checking social media and emails at specific times during the day and always after lunch.

Remember, your morning hours are your most productive ones. So make them count. Stuff like checking emails and goofing around on Facebook are fun but they're not going to move the needle. They're not going to advance your goals.

You want your morning hours focused on high-impact stuff that will really make a difference.

Before you leave for work, lay out the clothes you'll dress in for your morning walk the next day. This keeps you organized, and makes it so that you won't even have to think about it.

You'll roll out of bed, throw on the clothes that are already laid out, and kick-start your day because your body has a chance to protest.

WRITE

Keep a journal or log of your accomplishments, your goals and dreams, and how your accomplishments feed into them. Not only does the act of writing things down cement them in your mind and keep you motivated, but also, you'll find that you come to appreciate the accomplishments and good things in your life more. If you've got them right in front of you in written form.

Keep your journal with you at all times, and when you need a quick pick-me-up, you can read through it as a reminder. Once you've done all that, you're ready to go tackle the day, and you've set the stage to make it an awesomely productive one.

You are primed and ready for success. You woke up winning.

MORE WINNING TIPS

KEEP IT TIDY

Before you leave work for the evening, take the time to tidy up your work space and get everything ready for the next morning.

That way, there's nothing to do except sit down when you hit the office and get busy. There's no shuffling papers or looking for supplies or piddling around because everything is already set up and waiting for you. You just show up, and jump right in.



MEDITATE

On your way home, you're going to meditate. No, you're not going to close your eyes and chant a mantra, because you're driving, but you do want to reflect on all the things you accomplished during the productive part of your day, and give yourself a mental pat on the back for it.

Unfortunately, unless you've got a really close family or a super boss, nobody else is going to give you many kudos and pats on the back. You're going to need to give them to yourself. And you should.

LIVE DELIBERATELY

Even with the extra hours you've created for yourself in a given day, there are still a finite number of them. When you're finished working for

the day, don't just be content to veg on the couch watching Netflix until it's time for bed. Really think about what you want to be doing with those hours. Then go do them.

Maybe that's spending an hour playing in the backyard with your kids or taking your wife out to a nice dinner or if you can't afford that, firing up the grill and treating to her a dinner you cook. Make every choice matter. Even during your leisure time.

And of course because you've got so many more hours in your day, you absolutely should spend some of that time just relaxing and having fun with your friends and family. Make the conscious choice to do that. That's the reward for all the hard, smart work you're doing!

Even when you allow yourself some good leisure time every day, you may find that you've got a bit of time on your hands in the evening before bed. Two really good options for you and you should try to fit both of them in.

MEDITATE AGAIN

Yes! More meditation. Only this time rather than reviewing the day's



successes, you're going to be looking ahead. Visualizing where you're going and why you're working so hard. What are you trying to achieve? What wish (or wishes) are you trying to fulfill? How will you feel about yourself and your life when you succeed?

Spend some time (15-20 minutes each night) really thinking about that stuff. Because it's motivating. When you remind yourself why you're putting in all the hard work, it makes you want to put in even more hard work and that of course, will see you reach your goals that much more quickly.

GET A HEAD START

After you've meditated on your looming successes, you'll probably have another surge of late day energy, so put it to good use by doing some advance planning on the day to come. Map it out ahead of time.

If the big drag on task of the next day has a research component to it, start that process so that the information is fresh in your mind for the next morning. If there are any little preparatory tasks you can do that will help you accomplish your big goal more easily, go ahead and knock them out while you're still energized from visualizing your success.

GO TO BED

Then after you've laid the groundwork for a successful tomorrow, hit the sack early. Remember, you're getting up an hour earlier than you were and you want to make sure you get plenty of rest because your brain is going to need it.

Again, this has to do with living deliberately. Rather than just chillaxing on the sofa and watching TV till your eyes get blurry, you're making the conscious choice to be good to

your body and get the rest you need so you can get up the next morning and attack the day.

What you'll find when you start doing this, is that lists become very important to you. Like I said at the start, I've been doing this for more than twenty years now, and I live and die by my to-do lists. I've got two of them, both set up on OneDrive as Word files which I leave open constantly.

The first list is my day to day action list. Stuff I have to do the next day at the top with the stuff I want to do the next day below it. That way, the "want to do" portion automatically gets bumped to the top as I cross the critical action items off.

Each time I accomplish a goal, I bold it in the word document and move down to the next thing. I keep each list for a full calendar year. Then archive it and start a new one. By the time I'm done, my annual list of accomplishments is several pages long and it's fun to periodically review it to see everything I've managed to accomplish.

My second list is for my dreams and long term goals. These are, of course, much bigger items. I only rarely get to cross one of these off my list but

then, I add to it slowly too. Each person's list will be different, of course. Yours probably won't look much like mine. And that's okay. That's what keeps the world an interesting place.

THINGS TO DO TODAY

Date XX-XX-XXXX COMPLETED

- 1) Exercise
- 2) Breakfast
- 3) Probably won't look
- 4) That's what keeps the world an
- 5) Breakfast
- 6) That's what keeps
- 7) Probably won't look
- 8) That's what keeps the world an
- 9) Breakfast
- 10) Exercise

For me, the biggest item, and currently at the top of the list, is to save money for a down payment on a mini-farm in the mountains. At least ten acres. More if I can find it.

It's actually kinda funny, because I am by no means a farmer but I have always been interested in living sustainably. So I want to try my hand at growing at least some of my own food. If not all of my own power and getting my water from a well right there on the property.

It's a big goal. It'll take years to accomplish and even when I actually buy the place, there will be about a million fun cool projects to do (which are already on the list below the acquisition of the farm itself).

The two lists matter because the daily action list is the thing that gets me closer to the stuff on my wishes and dreams list. The action list is the mechanism by which I raise the money to accomplish the stuff on the dreams list and it's a constant reminder that the two are intertwined.

Any time I feel lazy, or feel like slacking off, I just open up the Dreams list and look at all the cool things I want to do. That gets me motivated to keep churning away on the task list. And that's it.

That really is all there is to it. If you follow that basic plan of attack starting tomorrow. And commit yourself to doing it day after day, week after week, and month after month, you will be amazed at all you can accomplish in a single year's time. It won't take nearly that long though to start seeing the effects. You'll notice a difference in your life probably two days after you complete your time studying by yourself.

You won't believe how much more productive you'll be. How much more successful you'll be in every area of your life. That's pure magic. Ultimately, success is all about personal responsibility.

If you want something badly enough, you'll do what it takes to achieve it. You'll work the extra hours but you'll work smarter. Not harder. You'll stay focused because you really, really want whatever goal you're shooting for.

And, if it turns out that you're not excited enough by your goals and

dreams to keep that level of focus then it's still a good thing because you learned something important. What you learned in that case, you need better and more exciting goals and dreams.

And you should get them. You should allow yourself the luxury of dreaming big enough to get yourself excited by the things you want.

Then, use the plan outlined above to go get 'em.

Here's to your success!

