

***“Plan your progress carefully; hour-by-hour, day-by-day, month-by-month. Organized activity and maintained enthusiasm are the wellsprings of your power.” - Paul J. Meyer***

Yesterday, I spoke about the Hour of Power. Part of living with intention is collecting back all the scattered moments that are lost throughout the day. I have found that the best way to do this is to dedicate one hour a day to address every need that my vibrancy requires. Without dedicated time blocked off, I find that my routine becomes sporadic and inconsistent. I end up not completing some tasks, and rushing through others, and as you already know-- inconsistent actions lead to inconsistent results.

Determine what time works best for you- I personally prefer the early morning when I first wake up. Spend 15 minutes feeding your soul. Journal, meditate, read your Bible, practice breathwork, write down your 3 gratitudes for the day, or pray. Having a calming practice helps to develop the gentleness and empathy that will get your day off to a good start.

Next, start setting up your routine. I like to start my day with an empty dishwasher, so that is the first thing I do. Next, I start my coffee and while I am waiting for it to brew, I complete my first 4-minute workout of the day and set up my hydration station.

Get your physical activity out of the way early. It is too easy to put it off, and then get busy later in the day and find excuses not to do it. If you still have time left, go shower and get ready for the day.

I find that having a Power Hour to complete these steps helps my productivity immensely. It isn't just about getting certain tasks out of the way, but also getting set up for each day- heart, mind, body, and soul.

So remember:

- Develop a practice of things that will set you up to be excellent each day.
- Give up being right. There is no room in your vibrant life for self-righteousness and a judgmental attitude.
- Live in empathy, and strive to bring your best self forward.