

The

ENGINEERING CAREER COACH

HELPING ENGINEERS SUCCEED
IN WORK AND LIFE

The ENGINEERING CAREER COACH PODCAST SESSION #59

How Morning and Evening Rituals can Impact Your Engineering Career and Life

Show notes at: engineeringcareercoach.com/rituals

Episode Intro: This is *The Engineering Career Coach Podcast*, the only podcast dedicated to helping engineers succeed in work and life. This show is hosted by engineering enthusiasts, Anthony Fasano and Chris Knutson. Both are professional engineers who found success early in their careers and now work together to help other engineers do the same. Now, it's show time!

Anthony: Hello! This is Anthony Fasano, your host and this is the show for engineers who want to succeed in both work and life. I have with me today my co-host, Chris Knutson and we have a pretty cool episode for you today because today we are going to talk about the importance of rituals, specifically morning and evening rituals. And we are actually going to give you some insights on to our own rituals.

I am pretty excited about this because Chris and I listen to a lot of podcasts. We study a lot of successful people and we know the importance of rituals. And we try to continually improve ours. So we are excited to talk a little bit about that and maybe get some feedback from you and hear about what you are doing. So before we get into the main segment of our show, I do want to take a minute to recognize our sponsors for today's episode.

Are you getting ready for the FE exam? If so, I recommend you that you check out PPI's full length online practice exams. Visit ppi2pass.com/coach to get a special 15% off promo code. Again, that's ppi2pass.com/coach. We will have more information about PPI's online FE practice exams a little later on, in the show.

Alright. Now I'm going to kick it over to Chris. Chris, why don't you give us a quote that will take us right into the main segment of today's episode?

Chris: "We are what we repeatedly do. Excellence, then, is not an act, but a habit." And that one comes out of Aristotle and it's a great segway into the topics that we are going to discuss in this episode today.

Coaching Segment:

Anthony: Alright! Now, it's time for the main segment of our show. So today, we are really going to discuss the power of morning and evening rituals. Again, the reason we do this is because we are

pretty interested in successful people and how they go throughout their day. Because I'm a believer and I know Chris is too. If you find some of them successful you can model some of what they do, why not do that?

And the reason that we are talking about morning and evening rituals is because, a good morning ritual can really start you off on a positive note and really drive your entire day. And that's what I love about putting a lot of effort and a lot of energy into the morning ritual. And then the evening ritual is pretty much just as important because that can really impact the kind of sleep you get and then how productive you are the next morning. So, these are the things we are going to dive into a bit. And the show notes for today's show will be at engineeringcareercoach.com/rituals. Again, the show notes will contain a summary of any points that Chris and I discussed as well as links to any other resources, websites or books that we mentioned during the show. And again the show notes will be located at engineeringcareercoach.com/rituals.

And before we jump into our rituals, I want to just say that for me, the morning and evening ritual has really transformed what I'm able to accomplish during the day and I think, the way that I feel throughout the day. And I know Chris, while I'm talking about this in the middle, I'm sure he can echo that. But, one game changer for me and I have always had, for the last few years, some type of morning ritual, but I read a book not too long ago, called the *Miracle Morning* by Hal Elrod, which was an amazing book and we will link to it in the show notes. Actually, I heard him on a podcast and, amazing guy.

He was in a really, really bad accident where he broke, pretty much like, something like, 11 bones in his body and didn't think he was ever going to walk. He's had a brain damage, etc. But he came back and he's actually a very successful speaker now. And the book is just amazing on what it talked about. I guess I'll give you more of an example when I get into my morning routine in a few minutes because that's really going to show you what I got out of it. But, he just talks about the positivity that that morning routine can really enforce throughout your day, and through your interaction with people, and through what you accomplish. So, those are kind of just thoughts in itself on the morning.

And then as far as the evening goes, I also read a book recently. The book is entitled *Sleep Smarter: 21 Proven Tips to Sleep Your Way To a Better Body, Better Health and Bigger Success*, by Shawn Stevenson. And really was an eye-opener to me as far as how important your sleep is and some of the things we do right now that just totally, really, really, debilitate the sleep we are getting, the quality sleep that you're getting. And that kind of opened me up to the idea of your evening routine and putting yourself in a good space to get sleep at night.

In fact, one of the things I just got around to doing last night is that, there's a programme and I'll link to it in the show notes, I think it's called F.Lux. It's a free download, I know for Mac users. And essentially, one of the things that Stevenson says in the book is that, when you're on your computer late at night, the rays that it emits and your eyes are picking up these rays and the brightness of the

light, it really impacts your ability to sleep at night. So, he recommends an hour and a half. You stop working an hour and a half before you go to bed on any kind of screen, or if you have to, he recommends this download. And I downloaded it last night and what this programme does is, it adjusts the brightness of your screen to the time of day and your time zone, like to the brightness outside. So, it was amazing. I installed it and all of a sudden, my screen is kind of dimming down because it was evening and I did some work last night and it was pretty cool.

So, those are couple of books for me that really put a lot more emphasis on the morning and evening routine. And what I'll do now is I'll kick it over to Chris. And Chris, why don't you talk a little bit about your view of the morning and evening routine overall and then take us right into, kind of, your evening routines so we can jump right into this?

Chris: Yeah. Certainly Anthony. Before I jump into my evening routine, I'll just provide, maybe some general comment as well. So, I haven't read the Hal Elrod book although I listen to, probably the same podcast, I can't remember if he was on Pat Flynn's podcast or Lewis Howes, but anyway just an amazing story. That was really interesting I guess, it hit him for me, the power that can come from having routines and really, routines are, for engineers, it should be simple to understand, routines really is a process. That's all it is. Routine is something that happens every time. So, it's essentially putting in place these processes that ultimately affect our thoughts which then leads to changes in our feelings and our beliefs and then ultimately the actions that we take.

So, although I haven't read the book, it's on the list. It made an impact for me just from listening to the podcast. And I guess, one goal thing that I'll just throw this out, it seems to me an interesting discussion because I am going to share, like Anthony's going to in this episode, our routines that we've got in the evening and in the morning. I am in the midst of a transition right now so I'm going to be using improv from what it really is when I am not in this transition mode. However, I will tell you that even I am in a transition mood, 90% or maybe 80% of what I am going to cover for you is going to be what I do right now today anyway.

So, that's just another highlight because once you get into these routines, Anthony I don't know if you have found this, but once you get into one of these routines, like if you miss it like a day and then having to miss it like for two days, I find myself completely getting off my game. I don't know. Have you found the same thing?

Anthony: Yeah. It's like coffee, right? It's like it becomes very regular routines because sometimes on the weekend, that happens to me where I don't maybe get up as early and the kids are running around. I won't really go through the whole routine in the morning and then I kind of feel "off" for the day. So, I definitely feel that. In the night too, I am noticing too because if the night one gets thrown off, I don't get to sleep on time and have a good rest. Then it affects my morning and essentially, the next day. So, that's why I think they are critical.

Chris: I found for myself that the evening one, just like you said, it's the most important one. If I had a day earlier this week that I got to bed later than I wanted to and I wasn't firing on all cylinders the next day. So, pretty interesting. And I'll share some information with you later on here, especially in the morning routine. I'll share and talk about the circadian rhythm and how it all plays into that. And then we will share some of this information on the show notes.

But, let me step into my evening routine. And for me, it starts about 5:30. So, let's just say right now, I've got a full up day job just like most of the listeners that are out there probably. So you know about 5:00 - 5:30 in the afternoon it's kind of a traditional transition from your day job to not being at your day job. And so, what my, the way of work of style is, I kind of work from 5:30 till 9:00 pm area. In that, it varies in the course of week because I have had 2 kids. We've got some family time in there. In my household, my wife and I had made a commitment that we as a family would have dinner together every night. And so, that has become truly a book into our day.

So every day, when we are together, we have dinner. It's just, that's the way it is. It's become a great, kind of a book into each of our days. So we got some family time in there to be there as a family. And then like most families, you know, our kids have activities so this kind of depends during the course of the week, the actual timing for when things occur; we will adjust based on what the activities are for the kids. So we'll step into that.

But generally speaking, if they let me run till about 9 pm, but then I've got like my evening work flow, I sit around thoroughly from about 8:30 to 9:30 pm, fazed. I mean, I am doing reading, maybe working on blogs, working out scripts for the podcast or something along those lines. It's going to be really working on materials associated with Engineering Career Coach. I'm going to look at and be valuating about what's going on in my day the next day. And, like I said, I got some reading going on there as well.

And then about 9 o'clock or so, I started this about a month and a half ago and it has, I honestly got to do some research on it whether it's psychological or if it's just having an effect on me, I started drinking tea and I think, I notice, Anthony the same thing in your routine, I don't know if it's psychological or what it is but I kind of go through couple of cups, once in chamomile and I kind of go through a, some kind of sleepy time verbal, I'll actually show you the names in the show notes, but I'll have a couple cups of tea when I'm reading and then my lights are out at 10 o'clock. And maybe no later than 10:30 that I found that if I go much beyond 10:30 in the sheets, the next day, I'll have a hard time running up the next day.

One of the things I'm trying to work into this and I've been hit and miss I had some vacation a couple of weeks ago, and it totally threw me off because I missed it every single day. But, I'm in the midst right now. I am trying to get up through 15-minute session of meditation in the evening and from the holidays earlier a couple of weeks ago, I was doing the 5 minutes in the evening and been successful in making that happen in a month in a row but I've fallen of the way and I've got to get back myself up

in that routine again. But this whole concept of this evening meditation has come in from a lot of different material that I've read. The benefits that can be gained mentally from meditation, not only in the morning but doing in the afternoon and evening session as well. So, just twice a day meditation routine. That's what my evening looks like. How about yours? What's it look like?

Anthony: Chris, before I jump into mine, is your meditation, is that typically done towards the bed time or, what time is that?

Chris: What I was implementing was, almost immediately after I got back to the house in the afternoon. So like before we run out, before family time started or dinner or any of the activities with the kids, I sit down and carve out this 5-minute, well, starting off with 5 minutes period until you get to 15 minutes. I just think that that was, that was going to be like a good mental segway.

I've read some material. I've talked, you know, about a friend of mine. She's a practitioner of the Mindfulness/Stress Reduction course and she's told me, "Naah, you know, you should really consider like if you're going to bed." You know, we've been talking about these evening routines. And I think, what's she is trying to get at is a great way to start getting it really kick your brain from activities of the day to transitioning yourself into sleep. So I haven't done that. I was using this as a nice segway between, like my day activities and my evening activities

Anthony: Okay. Now, I heard that as well right before bedtime. That's why I was asking and I try to do that sometimes. But, I'll jump into mine and I won't spend a lot of time on me evening routine because it's very similar to Chris's actually. I have around 5 o'clock to 8:30 family time. I try to keep the phones off, you know, keep the screens off and stuff like that. Maybe do some gardening outside. The kids obviously gets washed out when you do some reading with them. And we do try to focus on having the dinner every night together. So if the kids have soccer or something, we just shuffle our dinner time around that. We could eat at five, we could eat at six, maybe at six thirty; it really just depends on what's going on with the kids.

Then 8:30 to 9:30, I do do some work stuff as well. The main point if it is we really try to focus on what am I to do for the next day because I want to be able to wake up early and start working, and I want to know exactly why I need to hit the next day. So, that's an important thing for me to do in the evening. Then around 9:30 to around 10 or so, I will also have tea. I am a huge tea person. I spent too much time at Teavana, and probably spend too much money there too. But, I found a really great tea there called Monkey Picked Oolong, which I really, really like a lot. We could link to that in the show notes. But, essentially it's the leaves and you just make the tea. It's really good. So I do enjoy having that. Every evening, at that time, I'll just hang out, you know, whenever I'm with my wife or reading some personal development type of reading.

And then I'll get into the 10 to 11 o'clock time is really fiction reading or I do some fiction reading to calm me down a bit and the one I'm reading right now, it's called *The Light Between The Oceans* and

unfortunately, it's pushing me to too late into the night. It's such a good book. So, I got to get back on track. But, and then maybe some journaling. Sometimes, I'll just reflect on the day and see if there is anything I would have like to improve or I'd have liked to done better. And then try to hit bed at 10:30 or 11 o'clock.

So, that's kind of my evening routines. I've been working pretty well. This book *Sleep Smart* have been really helpful for me. Giving me some tips to sleep a lot better. That F-Lux programme has been very helpful. And also, one thing that was really brilliant, the book was basically, essentially your body wants to cool in the evening, so I used to be the one who would wear a sweat shirt or something, especially in the winter and get layered up for bed. And this guy goes through the whole medical terminology of why your body really wants to be cold in the evening and so I've been, maybe just want to refer you something now, a little thing like that that has a big change on the way you sleep. So, I'm continuing to work on that but that's my evening routine.

So, let's jump into morning routine. And what I'd say about the morning routine overall is that, it just starts your day. I mean that's the first thing you think about it. How do you want to start your day? And hopefully these morning routines that we share with you give you some insight, maybe help you to add some things to your morning that would improve it, or you know, you can come in to us and let us know how you do it and maybe we can find some stuff we can use. So Chris, why don't you go ahead with your morning routine?

Chris: The morning routine for me, Anthony, was something that I focused on first. This evening routine is something that I've fallen into by the fall. It wasn't anything that I planned. The morning routine is one that I didn't plan and I've been tethering with it for the last number of years. It just began from reading it from books, listening in to podcasts, discussions you and I have had, talks I had with my sister. My sister is into yoga and meditation and all these things. So that's all helped me, kind of, put this together.

But, in general, I'm up between 5 and 5:30, and one of the first things that I do after I get up in the morning and I actually picked it up, I want to say it, I think it picked it up from listening to a podcast with the guy who wrote the book that you read on sleep. I can't think of it this instant.

Anthony: Shawn Stevenson, yeah. He's on Pat Flynn's podcast. You probably heard him there.

Chris: Yeah, sure chance. He had a thing in there and I did some research on this and got into it. You know like literally, as soon as I got out of the rack in the morning, I downed about a litre of water. It kind of just helps to flush myself out and I get, really kind of get physically the physical sensation. It's pretty interesting. I just kind of feel like getting my body all broken up. And then I go, right from that, into meditation. I have a meditation push in. It's been pretty cool here and same routine here in the morning.

So we got a gas fire place in the house and fire that thing up. I kind of, go downstairs and we kind of go downstairs and fire that thing up literally, and then sit on the cushion for 15 minutes of the meditation, which has been, for me now which has been something that I've done almost, I think I have missed one day in the last 6 months. So it's been something that I've been doing for quite a while. I'll do that meditation and then get myself ready and head off to the void for some PT, physical training, physical exercise and once that's out of the way, then it's back to the house. Getting the kids ready to go to school. Getting myself ready to go for work. Breakfast.

And on the topic of breakfast, it's something that I didn't do for the longest time, I literally, I wouldn't eat breakfast. First I might eat would be lunch. But again, I've read quite a bit of material on this and I'm back into the breakfast kit. I eat a, pretty much, eggs of some type and some fruit and usually some spinach; and that's the morning fuel that I throw into my body. I really focus on high quality food practice as well. I think that is a lot to play in. It plays a huge role in energy modulation for the entire day, at least I found it myself to be that way and I think if you're into this type of information, optimising yourself for performance, you got to find on the higher the quality of the food. It's sort of like putting the high arcane unlighted in your car. The better the fuel quality, the better the energy output you're going to get. So, I have been focused on that.

And in about 8 in the morning or so, I'm working it. That's the situation I've been in. Putting on adult working life at the office by 8 and making things happen. So, that's the morning routine and I think, Anthony, you're probably going to touch on this as well but, I want to talk on this because I mentioned this whole circadian rhythm thing. That really gets into talking about energy states that each of us has individually through the entire day period. Yeah, I found that, after that morning routine, it has become, really an anchor point for me in my performance for the entire day. But, as I come out of my morning routine which is really from 5 - 5:30 in the morning till 8, that's pretty much locked for me. But then, after I get out of that in my morning, I found that, that's where I got to do my creative activities or tasks that require me to have to use my brain. On most, in the morning for those activities. And in the afternoon, that's where I put my routine tasks or phone calls, or meetings, or any other type of low cranial energy type of task that we got to do.

I just found for myself that I got to do it that way. If I don't, doesn't mean that I can't be creative in the afternoon but, I seem to fire on all my cylinders first in the morning. That's my morning routine that kind of hard run my day for my energy states. Couple of things I'm trying to get changed in and I'll be interested to hear people's input on this as well. I think you're going to touch on this but you know, I have read and heard that doing reading and personal journaling and that type of activity in the morning is really beneficial. What have you found on that?

Anthony: It's really beneficial and actually, I'll jump into my morning routine right now because I think I'll cover these aspects in it. And again, my morning routine really changed a few months ago when I read the *Miracle Morning*. I had a routine that definitely had some meditation and stuff in the morning but, not the way that I do it now. So basically what I do is, I'll wake up at 5 in the morning. I too have

some water right away. I think that's important. I've read quite a bit about that. And then at about 10 after 5, I get into meditation which I do for about, roughly 10 minutes depending on the day, depending on how it's going, how my brain can slow down, how long you could handle it. But, about 10 minutes in.

And I know we talk about meditation a bit, we have been today. I have done it in the past. And I know for some people, it sounds like something that's a little bit out of their realm or you know, I can't do that. But it is really powerful and it has a lot of really powerful medical benefits that I actually studied when I was rewriting my book *Engineering Your Own Success*. And actually if you go to engineeringcareercoach.com and click on the podcast, **The Engineering Career Coach Podcast Session 30**, I had Leo Gura on, who is a real personal development guru. And he talked a lot about meditation and how you could do it. He does like an hour every morning which is pretty intense. But, check that out! That will give you some of the health benefits and some more tips you can do on that.

But so anyway, from 5:10 to 5:20, I'm pretty much doing meditation. Then, starting at 5:20 for about 15 minutes, the first thing I do is I read over all my goals out loud. This is like something that I implemented, like I said with the *Miracle Morning*, it's been a really big, big help for me. So basically I have all my goals, personal and professional, which is about 10 goals typed down in a piece of paper inside of this journal that I have. And every morning I open it up at this time, and I read through the goals out loud. And again, what that does, what I found it to do is keeps them in your inner subconscious. You really have this in your mind and throughout the day, they stay with you. So like you know, "Alright, I've got my goal. I've got to focus on my goal. I've got to keep moving towards those goals." So that's been very helpful.

And then as part of that 15 minute section, I also read a personal development book. And right now, I'm reading the book, *Who Are you Becoming* by Jonathan Fanning and it's a pretty good book. I'm really enjoying it. So, that's kind of the 5:20 to 5:35 slot. 5:40, I do tai chi for 10 minutes. It is technically a martial art but it's kind of more along the lines of yoga and martial arts combined. It's really a lot of movements and body movements and for me, I had a bad back in the past and I don't anymore thankfully because I've been taking a lot of, doing a lot of things physically to overcome it in the past, about 5 to 10 years. But, the tai chi for just 10 minutes a day, I've got this one routine I do and that's been tremendous.

And what's been really helpful to is, is that if you're sitting at a computer all day, on your desk with a computer, really helpful because you build up a lot of stress on your shoulders and on your neck and the tai chi helps to relieve that. And honestly, as soon as I do that, I'm up. I'm ready to go. And then what I do at that point, I have tea that's kind of brewing while I'm doing the tai chi. When I'm done, I pour out my tea and I'll start to work. And I've got one hour of working where I work on my MIT's or my most important task that I've identified for that day, that I have identified it in the night before.

And then at about 6:50, when that's all done, that's when the kids will come down. They will wake up.

They will have breakfast. I too have a really good breakfast every day. I do know the importance of that. I have three eggs over easy with some kind of green, spinach or collard greens, some peppers and an avocado. And that really powers me through the day. And also, I'll get the gym in that time. So, from 6:50 till 8:30, I'm doing all that stuff. And then, it's time to start working.

Here's to break it down a little bit more how Hal Elrod in the *Miracle Morning*, basically his routine is one hour and he uses the acronym SAVERS, which is Silence, Affirmation, Visualization, Exercise, Reading, and then Scribing which is just another word for writing I guess. You can get the acronym down. So I have adopted a lot as that you can see in mine. So, the silence is kind of the meditation part. The goals is kind of the affirmation and visualization together. And then I do my reading. And then I do the writing or the journaling and then the exercise.

And just doing all those things in the morning has real cumulative effect and that's what he talks about. If you do each one for 10 minutes in the morning, it's got a lot of amazing effects. I mean, he did it himself. He calculated it out in the book. And it really blew my mind because what he said was, if you read every day for just 10 minutes right, over the course of the year that's a lot of reading whether you know it or not. I mean, that's like sixty hours or something like that. It's, basically he said that it's enough to read 18 personal development books by just reading 10 minutes a morning. So, when you think of it like that in the cumulative impact of habits, it's pretty amazing because I have been able to read some really good books in that time, like *Sleep Smarter*. I also read a book called *Rich Dad, Poor Dad*, trying to get a little bit more financially savvy and that's been an awesome book. All because I'm taking the time each morning now.

So, it's been pretty awesome and overall, I agree with Chris a hundred percent. The morning from noon to before is focused on productivity and the afternoon I call lazy task. That's what I call them. That's what I focus on. Like if it's emails or kind of, I don't want to say totally mindless stuff, but stuff that you don't need to be super sharp or super focused on. Even like phone calls. I'll schedule some phone calls in the afternoons, stuff like that. But in the morning is the creative productive time where typically I'm trying to do writing or creating of stuff. And if you're an engineer, I'd focus my design efforts in the morning where you got to be sharp and on top of your game.

So, that's my morning ritual and that's kind of a pretty good summary, I think, of both of our rituals. We really want to get your feedback on this show. The show notes will be at engineeringcareercoach.com/rituals. Because we want to hear from you. What are you doing? What have you found to be successful especially as an engineer? What are your morning rituals or your evening rituals? What we are going to do now is we are going to jump into the Take Action Today segment of the show where we can talk a little bit more about this kind of summaries but also, Chris and I are both going to give you one actionable piece of advice that you can do to start to either implement or improve the routines that you currently have.

Take Action Today Segment:

Anthony: Before we do jump in here to these tips, I do one to want to take a minute, just to recognise our sponsors for today's show.

When the FE exam transitioned to a discipline specific computer based exam last January, PPI developed a learning management system called feprep.com. With feprep.com, you can create custom quizzes for your FE discipline, build study schedules, practice with flash cards and assessments, and my favourite feature is, they are online practice exams. PPI's FE practice exams stimulate the NCSS FE exam that you will experience on test day. In addition to mimicking the interface of the FE exam, PPI's practice exam questions accurately represent NCEES questions in level of difficulty, knowledge, area of distribution, wording and format.

PPI FE practice exams provide immediate creating, analysis and reporting of your results. After submitting your practice exam, I love that you can review your responses, the correct answers, and complete solutions to all questions. For 15% off PPI's online FE practice exams, visit ppi2pass.com/coach. Again, that's ppi2pass.com/coach to find your special promo code.

Alright! So, it's time for the Take Action Today segment of the show. And this is an important segment of the show because I listen to a lot of podcasts and the one thing I don't like doing just listening to a podcast is, never taking action on it. But sometimes, it's hard to take action because there is so much information in one episode. So, what Chris and I really want to focus on with this Take Action Today segment is, giving you one thing that you can do to implement some of the stuff that we've talked about today.

So Chris, why don't you go ahead here and give the listeners maybe, one thing they could do to either some of their routine or do something that they can do in the morning or at night that you think would be really have big impact on them in the near future.

Chris: So, actually what I'm going to do is I'm going to give you guys one that you can do in the evening and in the morning. And it has nothing to do, quite frankly, with any of the individual items that Anthony and I talked about in the episode. If you don't have a morning routine or an evening routine in place right now, that you're sort of just drifting along, the biggest thing that I think that you can do that can have the greatest effect is, you can make yourself to a specific bedtime each day Monday through Monday.

So, every single day, same bedtime, same time. And commit yourself to a time that you're going to get up in the morning. And make it really early enough so its not like I'm going to be waking up in the morning at 8 A.M. or 9 A.M because once you do that, you've already lost a lot of time where you could have done awesome things yourselves. So, commit yourself to a bedtime. Commit yourself to a time that you're going to wake up each day. Once you get that in to place, then you can start tinkering

around with your routines in the morning and in the evening.

Anthony: I'm going to give you once piece of actionable advice towards the morning routine. Chris just gave you something for the evening. I know, I gave you this, kind of an elaborate 10-minute six segment this *Miracle Morning* routine, which I realize you're not going to just stop listening to this episode and start doing that. But what I will tell you to try to do is, try to do this routine but just try to do it for 2 minutes for each segment. That's what Hal Elrod says in the book. A lot of people are busy and they can't do an hour.

So, what that would look like is, just get up in the morning. Take a glass of water. Just meditate. When I say meditate, just be silent for 2 minutes. Sit on the couch. Don't say a word for 2 minutes. The next 2 minutes, think about what your goals might be. If you have a couple of them, you want to say them out loud, that's going to be helpful. The next 2 minutes, just visualize yourself achieving those goals. That's the visualization portion of it. The next 2 minutes, read. Just read or and get a book. I'm sure you've got personal development books you wanted to get to sitting on your shelves for, you know, get it something online. Just read for 2 minutes. Do some kind of exercise for 2 minutes. If you can't do anything, then just get up and maybe circle your arms or something to get the blood flowing. And then just write for 2 minutes. Just put a couple of thoughts down like either, these days I want to do this things this day, or you know, I'm looking forward to a positive day. And that's it. All that could be done in 12 minutes.

And I promise you it will transform your life, really. All I'm asking you to do is just try that out for 12 minutes a day every day for a week. Because Chris and I both know that you can't do anything for a day and expect it to stick. You got to do it for a week like he said. Every day for one full week. So, those are the couple of things you can try. I mean, obviously I'd tell you to read the *Miracle Morning* but that's not really actionable because it's going to take you a little bit of time and you might not want to just read a book. So, that's the actionable piece of advice that I'm going to give you.

All right! So with that, I hope you enjoyed the episode. We would absolutely love to hear your feedback and comments and/or questions. You can go to engineeringcareercoach.com/rituals. Again, we will list all the books and everything that we've talked about here. We are going to monitor those comments and we will respond if you leave us one. So, until next time, please continue to engineer your own success.

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