



The
enchantingLawyer[™]

Action Guide

**Jacob Sapochnick:
The Power of a
Good Morning Routine**

1. Know what you want

Jacob talks about how the first step to setting up your morning routine is to know what you want to fit into it. It might be exercise, reading, meditation, spending time with your family or something else. Once you know what you want to get done, you can start planning.

How Does It Apply?

Write down below what activities you want to incorporate into your morning routine.

2. Set your Goals

Jacob explains how you can motivate yourself by setting achievable goals in both your personal and professional life and this also helps in creating good and long lasting habits.

How Does It Apply?

Divide the page below into two halves – professional and personal. Now write down three goals in each half of realistic goals for you to start working towards.

3. Schedule

Jacob describes how it is important to block schedule when you will be doing what. This means that you will definitely do them, and will help to cement those good habits.

How Does It Apply?

Write down the activities that you are going to schedule, and beside them, write down the best time of day for them. By putting them into the most productive time of day, you will find it easier to achieve your goals.