

# IMPROVEMENT PLANNING



# AND ROUTINES

CREATED BY

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# MORNING FORMULA

*THE FORMULA HAS TO WORK FOR YOU AND IS NOT PRESCRIPTIVE. FIND A PERSONAL RHYTHM THAT IS PRODUCTIVE AND CONSISTENT WITH YOUR CHARACTER*

- 1.** Mastering the little things is to master the big things. What you're doing every day, getting a mastery of little things, builds trust in yourself, which is how you become a role model to yourself.

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- 2.** You need to reflect and plan to be happy and a big part of happiness is trusting your own word to yourself.

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- 3.** The 5-10 minutes it takes to prepare should be a daily commitment, like a reformed alcoholic. Remember warming up is not just for the body but also for the mind.

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- 4.** Set yourself little, daily process and effort goals to motivate you to bring your 100% work ethic to the court.

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- 5.** Think daily before practice, on the aspects of your game, you want to work on and improve. This will ensure constructive practice.

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- 6.** These internal drivers will focus you to make marginal gains over a sustained period of time.

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- 7.** The mental routine should be performed every day without fail.

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***"Success means dealing with higher level problems = growth."***

***You are well set up as human to solve your problems"***





THIS IS BEST DONE IN SMALL  
DOSES DAILY AND A LONGER  
WEEKLY PLANNING SESSION SUCH  
AS:

Set goals from the heart to build trust in yourself

How? Don't set goals you won't achieve

Consistency : The more consistently you practice something, the more professional you become.

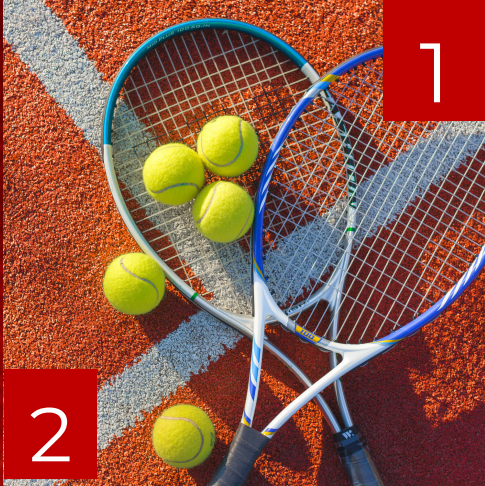
Need to plan timeouts during the day. Many sports have TIMEOUTS - quick period to reflect and regroup.

Turn the phone on silent when you reflect

SMALL DOSES



# AN EXAMPLE OF A MORNING ROUTINE



1 By having a routine, you have an edge, but you only have an edge if you use it. There's no point in doing this work if in competition your mindset is not changing and using the fact that you understand things better as an advantage over your competitors. Very quickly you'll understand that a mental edge is as good as any tactical edge



3 When not travelling, wake up at the same time every "push" day (eg: 6am). This makes you consistent in what you do and how you feel

2 Work from your Goal Planner [see next lesson], and every day BEFORE you leave work/training, map out a list for the next day.



4 Spend at least 1 hour every single day: working on ME. This time is scheduled and blocked off, everything is closed, so you are not interrupted.



5 Spend 45m - 1 hour, 4-6 days a week, exercising



6 Start every day going over a routine: E.g [your planner is in the next lesson]

**Keep it simple (KIS)**

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*Read your morning formula (10 minutes)*

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*Breathing / Mindfulness (3-5 minutes)*

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*Thinking*

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*List objectives for the day*




# THE TRUST TEST

RATE YOURSELF EVERY WEEK ON TRUST OUT OF 5 OR 10.

 What did you do well this past week?

 How well did you stick to your plans or your one goal from the heart?

 What will I do better next week? No more than 2 things you are determined to do better the next week

 Responsibility (extreme ownership) - How good were you at eliminating excuses?

score