

Business Rituals for Leaders

The way we integrate the power of our minds has an enormous impact on what we achieve. Many athletes see a near exact rate of success using visualisation and intention setting techniques only.

What could you accomplish by mastering your inner AND outer worlds...? Here's a morning routine to get into your power zone:

SET THE INTENTION

1 minute

Set an intention for your business day. Here is an idea to get you started: My intention for [business name] today is to attract and serve others who will benefit from the [products/ services] it delivers to its [customers/clients/partners/ tribe] and I welcome new clients and more revenue into my business.

SEE IT ALREADY SO

1 minute

Thinking about your ultimate business goal, picture in your mind's eye what it looks like to experience this achievement. Picture what your business has created, what it feels like, what it sounds like, what you, your teams, your customers, say, think and feel, too.

SET UP FOR SUCCESS

3-5 minutes

List the 1-3 most important things for today. Schedule uninterrupted deep-work time to dive in and focus on them. This is actively preventing anything that can shift your focus, so you can enter a peak state of creativity and flow in your work.

UNCONDITIONAL

1 minute

Express your gratitude, care and protection for your business, to your business. A business is an energy of its own. As its keeper, you support it with your energy and intentions. For a moment, hold space unconditionally for your business.

CONNECTION

1 minute

Think and picture all of the moving parts internal and external to your business, and say thank you. Everything has an impact, and there are lots of things that supports your business journey. The power of unity is your strength and strengthening the connecting with all of these different elements – people, tools, resources, businesses, clients, and more.

Daily Team Routines

Use time, skills, talents and passions to your advantage daily. Working smart saves time, increases revenue and connects your team to get you working better, together.

AM & PM STAND UPS

Connecting with your team, and your team connecting with each other is **ESSENTIAL**. Implement a stand up practice that asks everyone in a start and end of day:

- The top 1 thing to achieve / achieved that day - which is aligned to the business goal focus
- To share a problem they have/are experiencing, the solution they found or ask for support
- A personal 'happy'
- Is 1 minute max per person

WEEKLY 1-1's

Set the rhythm. Speak with your management team / key staff once a week for 15 minutes. Use a fixed set of questions to keep you focused and build a consistent momentum with your work efforts. Identify your key metrics and data and use this to identify patterns and gaps in process and productivity.

DEEP TIME

Set x2 3-hour deep time sessions per week across the business to allow for deep work time to flow. This is where no one is on internal comms, all distractions - notifications, emails and the like - are closed down. Focus on the work that is most essential to the business. This is time for work that will spark the most inspiration, drive momentum and get you towards your outcome faster.

"Human behavior flows from three main sources: desire, emotion, and knowledge"

-Plato