HIGH PERFORMANCE ROUTINES

Daily High Performance Routine Checklist

MORNING Checklist

Step 1: PREPARATION

Scale
Terrible: 1   Average: 5   Excellent: 10

- How did you sleep last night?
- How would you rate your exercise and movement yesterday?
- How would you rate your overall effectiveness yesterday?
- How would you rate your energy and mood today?

What is one thing you could do to maximise your effectiveness today?

Step 2: FOCUS

What's the single most important thing you can do today?

What are your top 3 priorities today?

Do you have dedicated focus time planned? If so, when?

Do you have a walk or run outside planned today? If so, when?

EVENING Checklist

Step 3: WARM DOWN

What are you most proud of today? (Don't skip this question!)

Is there anything you can learn from, or do better tomorrow?

Can you make a plan for tomorrow or make tomorrow morning easier in any way?
If so, do it now!   Yes   No

Step 4: RECOVERY

What is the most important thing you can do for your own recovery now / this evening / before work starts again?