

How to Be More Productive

Craig Ballantyne <http://attendthisevent.com/?eventid=51057435>

Craig: Hey, this is Craig Ballantyne from *EarlyToRise.com* and I'm having another perfect today and it's all because it's going according to my plan. Now today, you're going to discover every single amazing component of my system that allows me to have awesomely productive days every day. It's literally like the perfect Groundhog Day except with no Bill Murray and fewer jokes. But the fact is I have secrets that are going to help you have your best day ever. You're going to use in a system and you're going to be able to do it again and again and again. Trust me – you're going to be more productive than ever before and it's going to give you something through a system that is going to totally surprise you

Now this system has allowed me to live an incredible life. I work every day, getting closer to my goals and helping my big vision of helping ten million people transform their lives. Now this system that I use and the rewards that come with it have allowed me to visit and work from over 20 countries around the globe, all while making millions of dollars doing business with my friends and also frankly becoming a better person along the way. This is what I was born to do – to share this proven system with you. That's why I'm here to help you achieve more results with less time and less stress. That's more results, less time and less stress, all while improving your health and giving your time and freedom. That is the key – freedom to spend with your family, friends and even in your hobbies.

So you're going to discover my secret which I call the Productivity Paradox and it's a simple solution that proves you can get more freedom. More freedom is what everybody wants and you can get that by having more structure in your days. That's the simple paradox – more freedom through more structure because as the legendary author, Paulo Coelho says, "Discipline and freedom are not mutually exclusive but actually are mutually dependent because otherwise you'd sink into chaos." If you didn't have structure in your life and all you had was freedom, you wouldn't know what to do. So you actually have to come into a life of freedom, build in structure, and then you get more freedom out of it. It sounds like a paradox but I'll show you exactly how it works.

So listen, you're going to have the perfect day every single day. You can finally overcome the overwhelm in your life. I know that's what so many of you suffer with. And you can have your best day ever tomorrow, today, and every single day of your life. As long as you are in control of the structure of your day, you'll always have freedom in your life. So let's get started on this simple yet powerful system and I want to hear from you about how it

helps you out. You can just contact me at *EarlyToRise.com* or through a Facebook page at *SuccessQ&A.com*.

Now there are five rules that I'm going to give you and they all break down into subcategories. They're all very simple and rule #1 is the simplest of them all – your perfect best day ever starts now and the night before. You can't get up in the morning and just try and wing a perfect day. You have to have everything planned out from before.

Here's a great, great motto for your days and it's Kekich Credo #97. I'm a big fan of Kekich Credos and 97 simply says, "Anxiety is usually caused by lack of control, organization, preparation and action." So if you wake up in the morning and you want to have a best day ever but you don't have your game planned out and you don't where to start, right there it goes downhill. So the night before, you have to have your priorities, you have to have your script from a template, and that's where you start building your best day ever.

Let's say you're listening to this in the afternoon. What I want you to do is write down your priorities, your work priorities. What are the big levers in your business that are going to move you ahead? What's going to move the needle in your business or in whatever you're trying to improve? It could be your family. Those are your priorities and you have to focus on what are known as the big rocks in your life, the big priorities.

Next up, you're going to script your day from a template. Now everyone should have a general template of what their day is going to look like. For me, it's very simple. I have seven items on the template and I just fill in the blanks from the template for every specific day so I know how I'm going to structure my day for maximum freedom. That means how I'm going to structure my day to get the most done and have the most time available for the things that I want to do, that I love, and that also make me a better person.

So I just have this written down on a Word document. It says daily and it's my daily template. That's what I want you to do – have your daily template. The very first thing that I do in the morning at 4:00 is big thinking. I have blank sheets and a great, beautiful journal. I wake up and before I'm fully wide awake, when my creativity is still dominating, I write without judgment. I do big thinking without judgment and I move into that right away. I just write down ten big ideas that come to me in all areas of my life. It could be anything from I want to have 10,000 new customers or I

want to travel to 20 countries this year. Don't hold back. Just go for it and write down that big, big stuff. Big ideas, that's the first thing you do because that really helps you with your priorities, your big dreaming, and it gets you fired up for the day.

The next thing I do is to schedule an hour to work on my book. My book is going to be based on the information you're hearing today so this is part of my book work and it really is quite early in the morning when I'm recording is because that's when I work on my book.

The third priority that I do on my daily schedule is I story sell. In order to have the most freedom, I do need to make money and I make money by story selling. That's by telling stories that weave into good copy and advertorial for the products that I've created that will solve people's problems. It could be an email, it could be sales copy but we know that selling is best done through story telling. It helps people remember. It helps people connect with what we're trying to tell them and sell them. It's better to do stories than it is to spit out facts. So whether it's writing an email to my *TT* list or a dedicated promo to my *Early to Rise* list or whether it is writing headlines or leads or reviewing that for our business, I spend an hour on that.

Now I shift into health. I move into my quality quiet time, my meditation for 20 to 30 minutes. I do my thank you therapy where I write a thank you card. Then I do my daily document reading. That takes me about 45 minutes to an hour. Now it's time to train. So it might be a dog walk time first depending on where I am and old Poochie needs to get outside and bark. I'll take him out for a walk and I'll bring him back in and I'll go and do my work out. That gives me another burst of creativity for the rest of the day. You're going to get another round of big thinking done when you've exercised.

So even if you think you're in great health right now and you're not that interested in exercise, you're missing out on creativity bursts that come from getting away from your desk into a new environment and increasing the blood flow to your brain. So do not skimp on the exercise even if it's just a 20-minute walk. You need to get away from your desk. You need to get up and get moving. You need to get that creativity burst. So once you've done a few hours of work, take some time and take a break.

Now when I return from my workout, this is where I reward myself with some writing, again more non-judgmental writing. Then I go in and I do a

few internet tasks. I'll do my Facebook Q & A to interact with our 50,000+ fans on the Turbulence Training fanpage and the 15,000 fans on Early to Rise and I get tremendous number of ideas for future content from those Q & A sessions. Then I might even blog about selling them and create a first draft of an article.

Then I'll update my team on what I've done and I'll review what they've done using a system called *IDoneThis.com*. It's a service we've signed up for and it's really very helpful for managing virtual offices and even for managing in-person offices. Then I'll check in at our virtual Mastermind, I'll do a bit of reading, then it's back to work, back to writing, finishing off those drafts. Then I have a healthy lunch. Then I do more writing, I do more phone calls and then I end my day.

We'll talk about the importance of ending your day and separating your work life from your home life because that's the freedom that you've been seeking. You work, you work, you work. You think you're working literally every single minute you're awake because you're going to be bouncing back and forth between work and non-work activities. So we want to do something that's going to help you have your best day ever by leaving work behind tonight.

First of all, you're going to establish a firm quitting time. Now if your quitting time is going to be 4 PM or 5 PM or 6 PM or even 8 PM, that's fine. It doesn't matter. What you need to do is have your quitting time so that you could walk away from your work and be present in your freedom time with your family.

Now you may come back and work later on. That's what some of my good friends do but they have that shut time period where they literally are with family. For example my friend, Tom Dyson, has 6 PM to 8 PM every night available for his family. He has quitting time. And when you have quitting time, the best way to leave work behind, as I've taught my friend, Isabel de los Rios and she uses this very well—I'm very proud of her for doing it—is by having what's called a brain dump.

So when you have your quitting time, what you need to do first of all is actually do a bit of reverse goal setting. So if you want to quit at 5 then you know that you need to be doing the brain dump by 4:50 and you need to be doing clean up around your desk at 4:40. So really your quitting time is as early as 4:40 and then you have a couple of things to do so you're done, done, done at 5:00. Then you may have a comeback time but you

leave everything behind on that brain dump sheet, all of the things that you need to do, all of the people that you want to contact, all of the big projects you have going on dumped onto that paper, left behind and you leave and now you're free. That's essential. That is all part of rule #1 which is it all starts now, the night before.

There's one more thing. You give your subconscious an assignment. Yes, this sounds strange but here's what you do. From that brain dump, you pick one thing, preferably your biggest priority and you tell your brain, "Okay, brain, you're going to work tonight while I sleep. You're going to come up with the answers. Talk to you in the morning." That's what you tell your subconscious and when you wake up in the morning for your big idea time, the problem will be solved, creativity will be had, and you will be well on your way to having your best day ever.

So priorities, script from template—oh, and create your not-to-do list. I almost forgot about that. You need to have your list of activities that are time-wasters, your list of people not to talk to because they're time vampires, and your list of certain things that cannot be done within certain hours because you are working on what's called your magic time. I'll explain that in a second. You need to have a not-to-do list. It's almost even more important than your to-do list because if you get stuck on your not-to-do list, you'll waste time and to waste time is to waste your life and you end the day frustrated because you didn't get anything done. So make sure that you have your not-to-do list.

So priorities, script from template, not-to-do list, quitting time, brain dump and subconscious assignment, all of those start your best day ever tomorrow today.

Now that brings me to rule #2 – you're going to maximize tomorrow through better sleeping tonight. It's the same approach we use as with quitting time. Sleeping time needs a reverse goal set. If you want to be asleep by 9:00, that means you need to be in bed by 8:50 at the latest. That means need to power down your electronics by 8:00 and that means you need to stop eating before 8:00 so you have at least an hour, preferably more, between dinner and bedtime or snack and bedtime, just because if you eat a lot of food, you're probably not going to sleep as well. You need to know when you should have your last bit of caffeine in the day. For me, it's at least eight hours before I go to sleep, and I don't consume a lot of caffeine, but you need to know for yourself. You need to know when you need to stop eating, drinking, taking in caffeine and stop

using electronics. Those all need to be done well in advance of your sleep time. So just schedule that in and know that at 8:00 everything has to be done because you've got to power down, you've got to stop eating. You need to help that fix your daily schedule.

And then what you need to do to start your best day ever is to make sure you get a good enough sleep so that you can get up early because when you can get up 15 minutes earlier than you have been for the last six months, you will find tremendous value in that big thinking, you will get off to a better start, you will hit your priorities, you will get more done before people start their day, and you will feel that sense of accomplishment, and you won't end any day at 5:00 frustrated because you felt like you've done nothing but put out fires and chase people around. So make sure that you maximize tomorrow through better sleeping and preparation tonight so that you can wake up earlier and get ahead on your best day ever.

Now rule #3 is to have rituals and routines. We've walked you through my daily schedule. What you want to do is start your big thinking without judgment. You want to write everything that you do without judgment, your first drafts, and you always want to be reviewing your daily scripts and priorities. But to keep yourself on track, you need good rituals and routines.

You know how that's done? By removing the negatives from your environment, by having your not-to-do list, your not-to-eat list, your not-to-have-on-the-house list, your not-to-have-in-the-office list, and your-not-to-allow-them-through-to-you lists. You need those lists and you need gate keepers in place to make sure that those are not violated. So if you get hung up on doughnuts, you need to make sure there are no doughnuts anywhere near you at any time of the day because they will zap your energy. Those are on your not-to-eat or do list. That's one thing.

If you have a bad habit of drinking Starbucks at 5:00 at night and it keeps you up all night, you need to avoid having Starbucks in your office. You need to avoid going to Starbucks on the way home. You need to avoid that. You need to find ways to have more energy earlier in the day. You need to replace that ritual and routine. That's often just what it is. It's just a ritual. It's not that you really need any of it. It's just that you enjoy the habit.

So what can you replace it with? Find a healthier, better, best day-promoting habit to replace the negative rituals and routines. Walk through

your day. Write down everything you do. Identify the things that are bottlenecks in your life and eliminate them.

So let me go through my daily schedule one more time. 4 AM – big thinking, 5 AM – the book, 6 AM – story selling, 7 AM – meditation, thank you, daily document reading, 8 AM – exercise, 10 or 11 – internet reward time, 1:00 – lunch time, 2 PM – writing, phone calls, emails, 4 or 5 PM – quitting time, depending on the number of phone calls I have, and in that I also make sure that I'm making connections with other people so I go through my contacts list, find out who I can help, connect people if possible, and that's the end of my day. Then I am free for hours after that because I've left the work behind.

Now it seems like a long day but remember there are dog walks, there's meditation, there are workouts, there's a lunch break, there are lots of breaks in there so it's about an 8 or 9-hour work day plus some creative thinking in there spread out over 12 to 14 hours, and then freedom. Then I get to sleep for 7 hour under the right circumstances in a very cool room, having not eaten for at least an hour before, having no caffeine for at least 8 hours prior, and being in a good place to get great sleep.

So for your rituals and routines, review your daily scripts and priorities. The first thing that you do after your big thinking is I want you to review your day, make sure that your script is on track, and then stick to it. Write without judgment, stick your phone calls to the time allotted and live by your not-to-do list and your big priorities. That's going to help you have your best day ever.

Now we're moving to rule #4 which is heavy on my Productivity Paradox which is earning freedom from structure. So you see that when you have a schedule and a not-to-do list, you have a lot of structure in your life and it maximizes and enhances your best day ever. Here in rule #4 where we earn freedom from structure, we want to have our #1 priority and to-do list with us at all times and we want to capture maximum productivity where we get three hours of work done in an hour through what's called our magic time.

Now everyone has a different magic time and you might even have two. You might be the type of person who has a magic time early in the morning and very late at night, which is where I sit. But frankly, I know that it's a better overall schedule when I stick to the magic time in the morning. If you're currently working on a very late magic time, listen, you can have it

at other times at the day. Neil Strauss proved that. He had a much more exciting late night life than you did, following Motley Crue and all these other rock bands and writing stories about them. But he went through and did an early day magic time and he found that he was more productive and lived a better life. He wrote an article about it for his website in *The Inner Circle*. If he can do it, you can change, too, unless there's someone surprising listening here, there are no actual real rock stars listening to this call. So if the guy who chronicled rock stars can change, I know that you can, too.

So I want you to have your magic time. I want you to find it in your day, when you're most productive. It could be in the afternoon. It could be in the evening. It could be in the morning. It could be late at night. But just try and find the one that best suits your best day ever so that you get the most done. You foster and you protect that magic time once you've found out when it is. You don't take phone calls. You don't do anything else in that magic time. I don't do anything else before 7:00 in the morning because that's my magic time. I get so much done, so much creativity. My best articles, my best ideas, everything comes from that.

What else you need to do, of course, is batch your time. Phone calls all back to back, boom, boom, boom, in the afternoon for me personally. If you need to interact with more people and manage more employees, boom, boom, boom, get those done in a big block of time. Then take a break. Make sure that you have a break every two or three hours for water, for rehydration, to go to the bathroom. Don't work yourself hungry and into a headache but batch your time as much as possible. Minimize your phone and emails, of course.

Now I don't check email until 2 PM almost most days. I've been up for almost 12 hours. I've gotten a full day of work done before I go into email. You can train people to understand that email is not a great way to contact you, you don't check it that very often, and you're not going to get back to them unless it's important. It's really, really essential for you to train people around email. People survive without it for a long time and people will survive without it when it goes away.

Now here's what you can do if you insist on having emergency emails checked first thing in the morning – create a separate account. Email accounts are free. If you have people that you must hear from, have an emergency account and then have everything else go to another account that is not essential that you can check later on.

The next thing you do is to structure your environment to avoid OCD loops. OCD loops, as Evan Taggen once described them, are obsessive compulsive loops where you can check internet page after internet page after internet page, and then you start again at the top. If you find yourself doing this, you need to fix that problem. You need to insert a new ritual and routine that will break that habit. If you find yourself going into it, you need to get out of it.

So if you find yourself going from ESPN to the stock market page to a newsletter page and you recognize that, you need to get up and take a walk. Stop yourself. Five-minute walk, come back, and go open up what you should be working on, and get back to it. That's how you stop OCD loops, by breaking the environment, breaking the habits and rituals and inserting better ones.

Then finally, as we've mentioned before in your scheduling, you need to have that quitting time. That's the freedom that you've earned through the structure. If you follow all the structural components, you will get more done. You'll be tempted to do even more, I understand, because your work is probably never done. But for your sanity, for your health, for your family, for your safety, you need to have your quitting time. So you go through your brain dump, you'll assign your subconscious one thing to do and then you'll walk away with the weight taken off your shoulders and that's the end of your day.

Now if you have deadlines to hit, you need to be focused on that priority all day long because now you have a new deadline of quitting time. It's not a deadline of I've got to get this done by midnight so it can go out on time and therefore I'll start working on it 11 at night. No, it is I end my work day at 5 PM and then it's family time and then I have a good night's sleep so I need to get this work done by 5 PM.

You will find a way because you're going to remember Parkinson's Law which Tim Ferriss stated in the *4-Hour Workweek*, that work expands to fill the time allotted for it. If you give yourself the deadline of midnight, it'll take you to midnight. If you give yourself a deadline of 8 PM, it'll take you to 8 PM. If you give yourself a deadline of 5 PM, surprise, it'll be done at 5 PM. You can do it. Give yourself the freedom by structuring in the proper deadlines. That is your quitting time.

All right, so now we have gone through four rules and those rules were: First, it all starts now and the night before; second, maximize your

tomorrow through better sleeping tonight; third, rituals and routines; rule four, earn freedom from structure; and now five, use these freedom fixes immediately if you're struggling.

So the first thing I want you to do is time journal. Write down on the left-hand side of the page the day's times in 15-minute increments, 8:00 AM, 8:15, 8:30, 8:45. And then as your day goes along, write down what you're doing at that time all day long so that you identify OCD loops, you identify stuff that should be on your not-to-do list, you identify your not-to-talk-to list. You identify everything that stops you from having your best day ever and then you systematically eliminate all of those things until you're having your best days ever because this can be done. You have the power. No excuses. Time journal is the first thing to do.

Second, create your vision. Many people are not sure of what they should be focusing on, of what their priorities are and that strikes me as strange but maybe you just don't have as much practice and experience figuring this out. So here's what you're going to do. You're going to watch my video at *ANewAmericanDream.com*. *ANewAmericanDream.com* will help you create the vision for your life.

From there, I want you to set four goals, one major goal for every of the four Life Categories as outlined by my mentor, Mark Ford: health, wealth, social self and personal enrichment. You're only going to have four goals. Four, that's it. Because those are going to be your four big goals and if you move towards your four big goals, everything else will come into place. I want you to have your goals and I want you to have your systems put in place, your process goals to help you reach your outcome goals.

So if you need to lose ten pounds to have more energy then you need to have three process goals in place such as you're going to eat all of your foods made at home, you're going to exercise first thing in the morning every day, and third, you are only going to drink water and green tea and coffee, no liquid calories. Those would be your process goals. Those fit in to helping you reach your goals for your health, wealth, social self and personal enrichment.

Wealth and health are pretty obvious. Social self, also fairly obvious, where you want to improve in your life, relationship with your family, relationship with your husband, your husband, your boyfriend/girlfriend, your parents, your children. Do you want to take up a new hobby? That's your social self. And then personal enrichment is giving back, getting

involved in charity, or improving personal skill outside of work. Those are the four categories, health, very obvious, wealth, social self and personal enrichment.

Now in order to make any changes in your life, you need to have what I call the five pillars of transformation. So if you're struggling on anything, and this can be your schedule, this can be your body fat, this can be your cigarette smoking—it doesn't matter—if you want to change and transform, here is what you need. You need to have better planning and preparation. If in that past, you're probably tried to change these negative behaviors or these situations but you haven't planned and prepared properly, this call is really going to help you, to really giving you the plan for structure that will give you freedom. So you have that in place, better planning and preparation is pillar #1.

#2, social support from positive, powerful people. Share your goals and dreams with people that you know are going to support you, not with people that are going to be negative, give you excuses or sabotage your time. So choose wisely but share with social support.

#3, the third pillar is to get accountability, preferably to a professional. If you want to quit smoking, preferably your doctor or a nurse. Research from Stanford suggests that accountability to a professional is better than accountability to anybody else. That said, if you have a workout buddy, if you have a work buddy that you want to be accountable to on your magic time or on your workout time, that's better than nothing. You need that pillar in place. You need all five pillars in place. If you don't have all five in place, your chances for success dramatically decrease. If you only have one, you might as well give up now. You need all five in place.

The fourth is incentive. You need an incentive for change. It can be a positive. It can be the carrot or it can be the stick, negative. You need to have either your positive or negative incentive clearly planned out, easy to deliver but otherwise hard to achieve, otherwise something that you would not give yourself, something that really matters. I could be you'll take the kids to Disneyworld if you get book done by March 31st and if you don't you're going to really disappoint them. Set a fire under your butt to get the work done. Or it could be that you have to cancel the family vacation if you don't get something done. That's the negative. What are you going to take away from yourself if you don't get it done? Find out which motivates you better and use that as your incentive.

Finally the fifth pillar, one of the most important—it even gets capitalize—it's The Deadline. The fifth pillar in your transformation is The Deadline. When do you need to get your stuff done? When do you need to make these changes? When do you need to have your transformation done? When is your endpoint where you can cut back on the intensity of this a little bit? The deadline will help you get more done. You've seen it work in business. You've seen it work in transformations. It will work for you.

So better planning and preparation, social support, accountability, incentive and the deadline, those are your five pillars. Now in addition to making a personal transformation obviously in health, we do need health habits every day as freedom fixes because habits will make or break you in all areas of life, particularly health habits. If you're going to bed late, you're going to be getting up late, you're going to be ruining your day before it even starts. If you have unhealthy vices such as alcohol, tobacco, drugs, those are going to ruin your day.

I used to drink a lot, not during the week but on weekends, binge drinking, and it would ruin the first three days of my week. It wasn't until I gave that up, I went to sleep and got up at the same time or close to every night of the week that my energy went through the roof. My productivity soared. My success soared. Things took off exponentially. I took my life seriously, I put more structure and now I have more freedom. Now I have so much more in my life than going through the bar 4:00 on Saturday afternoon for drinks and staying at that bar or another bar until midnight or later. That was fine for a while but eliminating that, eliminating those vices, those bad habits, that routine, has simply made my life exponentially better.

Now I hope that you don't have anything as depressing as that but your nutrition, meditation and workout, that three-pronged system, if you have those habits in place, you will feel better. You will work better. You'll be more productive and you'll find it easier to implement that quitting time so that you have that freedom in your life which is what this is all about because I know you. I've talked to so many of you. I've talked to you personally and I know how stressed out you are and it bothers me because I know it can be fixed.

It can be fixed so simply with the time journaling to figure out what you shouldn't be doing, then implementing that not-to-do list, then having your goals and your vision so that you're clear about what you're going after in life, not just about what you're going after in business but what you're going after in life, what really matters to you at the end of the day when

you look back on this 100 years from now, 40 years from now, or 50 or 60 or 250 years from now if you're Dave Kekich. If you look back, how did you use your time? Did you use it right? That's what this is about, having your best day ever.

By adding more structure, you're going to have more freedom. Structure your nutrition. Consider deep breathing and meditation. Five minutes a day, it'll make a world of difference. Move up to 7, maybe 12 and if you want to go to 20 like I do, by all means do it. Slow yourself down. Have more patience. Have a better understanding of the world and make sure that you get exercise daily for creativity and health purposes. 20-minute walk daily minimum, preferably outside in the fresh air, in sunshine.

Those habits will make or break you. They'll keep you on track. They'll make the difference. That's rule #5. It's to use those freedom fixes immediately to get all of this and pull it all together so that you wake up and you go immediately into big thinking and the ideas come forth like wow, these are amazing! I can really do this! We're going to implement this. Yes, awesome!

And then you go in and you work on your #1 priority, whether it's a phone call or whether it's an article or whether it's story selling. You get it done and you go boom! I've got more done already than I did in the past, 180 days, every day. And then boom, you move into something else and then you get into a creativity boost through your exercise and your nutrition, and you come back and you have another power work term. Then you take another break and then maybe you have another power work term. You get it all done and you dump the rest of your brain on paper and you go home and you say, "Subconscious, you go to work, I'm going to sleep." You wake up the next morning and you do it all over again, five days a week with two days off. That's your equation, your formula for having the best day ever, for really coming through, succeeding with less stress and more freedom.

If I can give you more freedom from this call, it will all be worth it because I know how busy and stressed out some of my dearest friends are and I just want to help. That's a system. That's how you get more freedom by having more structure in your life. We will all recognize a great truth in this, Kekich Credo #4 that says, "Life's easy when you live it the hard way and it's hard if you try to live it the easy way." If you try and live it by drinking and playing the lottery, you're not going to get anywhere. Eating crappy food is going to feel good for minutes and is going to hurt you for the rest

of your life. But if you get that structure in your life, you're going to get more freedom. You're going to be the person who's going to be able to and travel the world, who's going to be able to put their kids in the best schools, who's going to give them the life they deserve, who's going to have more time for their kids that is quality time that matters.

So I urge you to put more structure into your life today. Sticking to the system will help you get more done, make more money, help more people and all within fewer work hours. You literally will work less but better, be more focused and efficient, spending less time transitioning through the junk. Listen, as the ancient Stoic philosopher, Epictetus, once said, "Your nobler self cannot wait any longer." Put principles into practice now. Stop excuses and procrastination for this is your life. This is your life. This is your day. Make it your best day ever. Grant yourself a life of the greatest freedom from just a little bit of structure. That's all that I ask of and hope for you and I know you can do it.

This is Craig Ballantyne from *EarlyToRise.com* helping you have your best day ever. I can't wait to hear from you about how this has helped you. I want to hear your success stories. Just send me an email or post something on my Facebook page at *SuccessQandA.com* and I'll speak with you soon. Keep on pushing on for your best day ever.