



# *Greatness In The Moment* Series

## This month's Topic: Productive Routines

The 12 Week Year is an execution system that helps users accomplish their most important goals in less time. The 12 Week Year is built upon several key routines that drive performance in a 12 week cycle. Today we want to explore some additional high performance routines that will help to supercharge your execution disciplines.

### **Habits and Routines**

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A Habit is an acquired \_\_\_\_\_ that has become virtually \_\_\_\_\_ .

A Routine is a \_\_\_\_\_ of actions regularly followed: a \_\_\_\_\_ program.

### **The Value of Routines**

In addition to greater work efficiency, routines allow work to be more easily delegated to others and routines also enable process improvement through the application of deliberate practice.

Routines can help you to take actions more \_\_\_\_\_ .

Routines create \_\_\_\_\_ and \_\_\_\_\_ in your day, week and 12 Week Year that increase your success and results. The positive increase in performance is what drives long-term adherence to the routines that you build and execute.

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## Productive Routines

Areas where routines can be especially helpful:

- Mental and \_\_\_\_\_ health
- \_\_\_\_\_
- \_\_\_\_\_ Health
- Key \_\_\_\_\_
- \_\_\_\_\_ and \_\_\_\_\_

## How To Create A Routine

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
4. \_\_\_\_\_

## 6 High Performance Routines

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

6. \_\_\_\_\_

## How To Maintain Productive Routines

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## Time For Action

Identify one or more routines that you want to install over the next 12 weeks:

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