



Week 2: Create Leadership Habits

Unit 3: Develop Productivity Rituals

Develop Productivity Rituals

Energy Management Tips

- Keep the same bedtime every day and get eight hours of sleep.
- Drink at least eight glasses of water every day.
- Eat breakfast every day.
- Move – get some physical activity every day.
- Take breaks every ninety minutes during the workday.
- Eat healthy.
- Commit to developing and following productivity rituals.
- Create an accountability log so you can track your productivity rituals.

“The Power of Full Engagement” by Tony Schwartz

Thank you.

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