

Cultivation of Habits

Which habits have the highest impact on your life? What is necessary to achieve your Super Success for sure? How does your long-term education plan look like? Set Goals, Milestones & Deadlines? Think roughly about your estimated times.

What is really essential for your Super Success?

Which are most impactful?	<i>Meditation</i>	<i>Sport & Health</i>	<i>Study</i>	<i>Entrepreneur</i>	<i>Creator</i>
Why high impact?	<i>clearing mind, inner balance, more brain performance.</i>	<i>good health + good mood = progress</i>	<i>winner learn everyday, doubles creativity.</i>	<i>financial independence</i>	<i>always in bread and butter.</i>
What to study / improve?	<i>relaxation routine every morning and evening</i>	<i>nutrition, frequencies, Water, Yoga.</i>	<i>more reading time, #80/20</i>	<i>marketing, sales, pitching, programming.</i>	<i>faster building process, making cinematic quality</i>
Which activities?	<i>meditation</i>	<i>sport, nature, yoga</i>	<i>audio-, books, blogs.</i>	<i>read, work, plan.</i>	<i>brainstorm, write blogs, create videos, promote ideas.</i>

Highest Impact First

Weekly Skills Cultivation

Schedule your week with the highest impact on long-term Success.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Meditation</i>		<i>M</i>	<i>M</i>	<i>M</i>	<i>M</i>	<i>M</i>	<i>M</i>
<i>Sport & Health</i>		<i>Run</i>	<i>Yoga</i>	<i>Nature walk</i>	<i>Swim</i>	<i>Cold bath</i>	<i>Sauna</i>
<i>Study</i>		<i>Physics</i>	<i>Nature</i>	<i>Medizin</i>	<i>Programming</i>	<i>Entrepreneur</i>	<i>Life</i>
<i>Creator</i>		<i>Ideas</i>	<i>Blogs</i>	<i>Videos</i>			
				<i>Entrepreneur</i>	<i>£</i>	<i>£</i>	<i>£</i>

What is your intrinsic motivation?

Everybody can change the world.

Why?

Sharpen the Saw



How do you recover best? Are you tired, burned out and need some enjoyment?

- meditation,*
- nature walks,*
- friends- & familytime*
- frequency music*
- psy trance*
- bath*
- laughing*
- parties*
- sailing*
- football*
- mma*
- watching sunset*
- feel grateful*
- visualising goals*
- reflect outcome*
- Australia <3*
- meetings*
- Super Success*
- diary*
- chocolate rice protein*
- coffee-time*



Trackrecord

How do you measure your progress? How to organise / prepare yourself to keep your engine running?

Triggers

How to start the habits?

- 0400 meditation*
- 0420 goal visualisation*
- start 15min reminderloop*
- start frequencies*
- start colorlight*
- 1300 nap*
- 1800 mysupersuccess.com*
- 1900 evening routine*

- Super Success monthly Report*
- Super Success Guideline*
- mysupersuccess.com Milestones*
- daily journal*
- telling Marcello*
- list-system of organisation*
- timeline*
- yearly calendar*



Where can you reflect on your outcome