

4 Lifehacks of SuperProducers

By Michael J. Maher

“We are what we repeatedly do. Excellence, then, is not an act but a habit.” -Aristotle

The Four Enriching Rituals

1. _____ Ritual
2. _____ Ritual
3. _____ Ritual
4. _____ Ritual

Sunday Night Ritual (Weekly Preview)

1. Look at: _____
2. Look at: _____
3. Organize: _____
4. Plan: _____
5. Anything Else: _____

Nightly Ritual (Habit Stacking): (Pre-Sleep Ritual or Bedtime Ritual)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

Pre-Leave Ritual (End Work Ritual)

1. Organize: _____
2. Organize: _____

