



SMACK HAPPY

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VIDEOCAST NOTES #016

4 THINGS I DO RIGHT BEFORE I START MY DAY TO GET MY MIND READY

CONDENSED NOTES & KEY TAKEAWAYS

“ *1% of your day
to change the
other 99%* ”

Dan Kessler | Headspace

[Smack Happy] What are the things you do each morning to prepare for the day?

[Darius] Wake up, have water (two big glasses), cuddling time, go for a run or do some kind of exercise, and meditation.

Drink Water

When you wake up, your body is often quite dehydrated and [at least] I find that it's like my mind that gets dehydrated first. So, I am a bit more woozy and not as focused. But, if I have two big glasses of water, I am surprised how much more alert I feel. It also just gets the body going and gives you enough water to digest your breakfast.

Cuddle Time

The cuddles; it's good to connect with people you love and start the day with connection. Going into your day, you really remind yourself and others that you have this connection and that's kind of the root of your day in some ways.

Exercise — TIP: Spend at least 5 to 20 minutes a day.

Exercise just gets you going and activated. For people who don't have manual labor jobs, were mostly brains sitting at desks. In many ways, it means that your body isn't activated the way that it historically has been. That was a natural part of keeping our brain healthy and aware that our body was doing stuff. Even for just five or ten minutes do some exercise. It gets your blood pumping, makes you more alert, and boosts energy levels.

Meditation — TIP: Try the Calm App, just 10 minutes will keep you focused.

Even after exercise, my thinking is still a bit unfocused. Meditation quiets my mind down again. After this, I can easily plan out my day and focus on one thing at a time.

If I miss any one of those four things, something is missing. Either I won't be energized, I won't be focused, or I won't feel connected.

Meeting Tips

Make a list of your meetings that day - and what you want to get out of each meeting. Think: what topics you want to bring out or what you want to ask the other person. This makes a busy day easier, because you know exactly what you're doing per each meeting. It also looks pro and feels pro.

Honorable Mentions

Calm App, Zoom, Air Table, Eden.io, Brightcrowd, Blinklist App

This week's special guest:
Darius Contractor

Darius Contractor leads the growth process at Dropbox, is a growth hacker, and seasoned entrepreneur. He's always looking for new and useful SaaS businesses to invest in. If there are tools you love, we'd love to know!