## How Successful People Get Shit Done

Consistent Routine is their productivity secret: Successful people accomplish more things before breakfast than other people do in a day. They prioritize what's important to them and accomplish those tasks before they get side-tracked by the day.

Edit	Alarm	+
04:00 <sub>Alarm</sub>		
04:20		
Melissa McCarthy wakes up at 4am to binge-watch 7	ΓV shows. As an actor, this is called 'research.'	
Mark Walberg belongs to the 4:00am club: he meets early. He also goes to bed at 7:30pm on most nights		
Disney CEO Bob Iger gets up at 4:30 to read and wo and LeBron James to hit the VersaClimber too.	ork out on the VersaClimber - and inspired NBA supe	rstars Chris Paul
Square CEO Jack Dorsey is up at 5:30 to jog and me	editate before his average 18 hour work day.	
PepsiCo CEO Indra Nooyi wakes up at 4 a.m. and is	in the office no later than 7 a.m.	
Former Xerox CEO Ursula Burns schedules an hour	long personal training session at 6 a.m. twice a wee	k.
Shark Tank investor Kevin O'Leary gets up at 5:45 e	very morning and jumps on the elliptical or exercise l	bike.
Entrepreneur Gary Vaynerchuk starts the day with a	n hour-long workout with his trainer.	
Former GE CEO Jeff Immelt starts his days at 5:30a	m with a cardio workout and then reads the paper ar	nd watches CNBC.
Virgin America CEO David Cush listens to sports rac the gym.	lio and read the papers in the morning while on the s	tationary bike at
Howard Schultz, former Starbucks CEO, starts his damail to his employees, then disconnects and dedicat		a motivational e-
Toshi Yamamoto, founder and CEO of ChatWork, ar	nd his wife take their kids to school together to maxin	nize family time.
Gene Caballero, co-founder of GreenPal, plays the p	piano first thing in the morning to get a mental work o	ut.
Lindsey Handley, PhD, chief operating officer of Tho	ughtSTEM, does morning fun work on side projects a	at Starbucks.

When working Jennifer Aniston wakes up at 4.30am, drinks hot water with lemon, washes her face with soap and water and meditates for 20 minutes.

Kim Kardashian gets up at 6am and has her very first conversation with daughter North, then goes for a run in her gated home or on her treadmill for around an hour.

Oprah got up between 5.30 and 6a every morning and was in the make-up chair by 7.30am after spending an hour in the gym.

Quarterback Colin Kaepernik gets up at 5am every day to stay NFL ready - even though he hasn't been on a team for over 2 years.

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