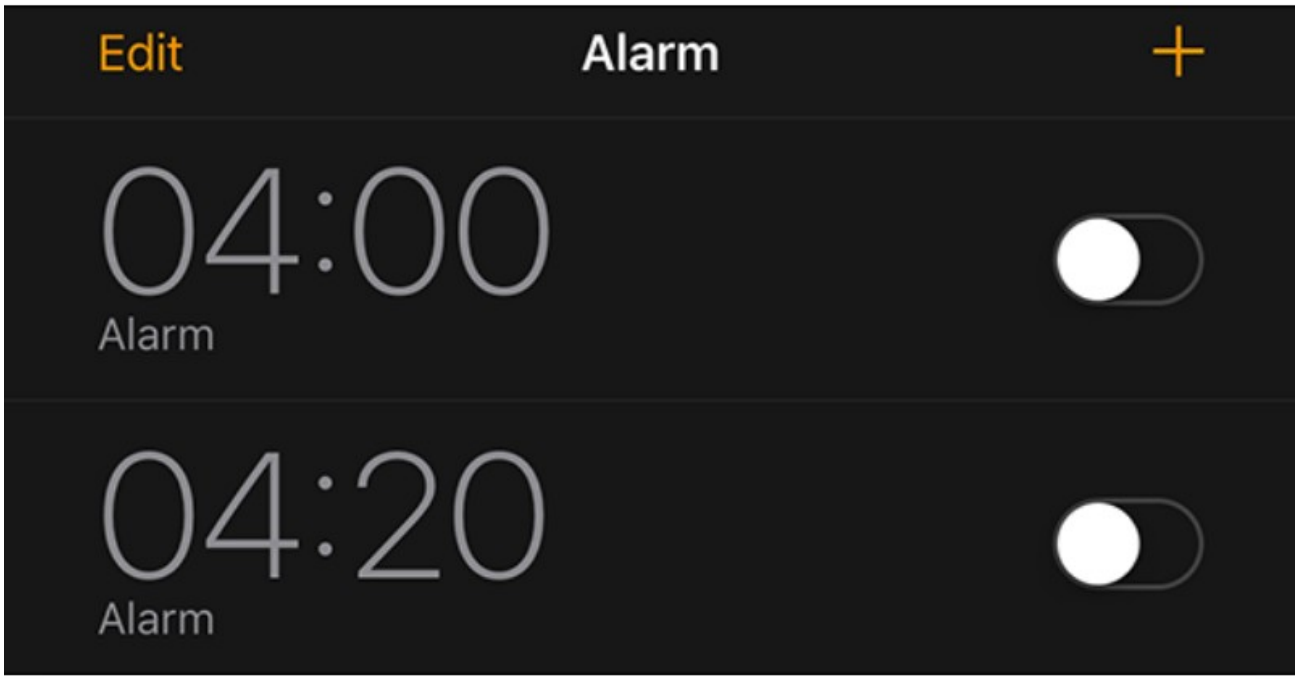
How Successful People Get Shit Done

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.



- [ ] Melissa McCarthy wakes up at 4am to binge-watch TV shows. As an actor, this is called 'research.'
- [ ] Mark Walberg belongs to the 4:00am club: he meets a group of friends at the gym at 4:00am to get their workouts done early. He also goes to bed at 7:30pm on most nights so he can be up at 2:30am to pray and meditate before his workout.
- [ ] Disney CEO Bob Iger gets up at 4:30 to read and work out on the VersaClimber - and inspired NBA superstars Chris Paul and LeBron James to hit the VersaClimber too.
- [ ] Square CEO Jack Dorsey is up at 5:30 to jog and meditate 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 week.
- [ ] Shark Tank investor Kevin O'Leary gets up at 5:45 every morning and jumps on the elliptical or exercise bike.
- [ ] Entrepreneur Gary Vaynerchuk starts the day with an hour-long workout with his trainer.
- [ ] Former GE CEO Jeff Immelt starts his days at 5:30am with a cardio workout and then reads the paper and watches CNBC.
- [ ] Virgin America CEO David Cush listens to sports radio and read the papers in the morning while on the stationary bike at the gym.
- [ ] Howard Schultz, former Starbucks CEO, starts his day at 4:30am by walking his dogs, works out, sends a motivational e-mail to his employees, then disconnects and dedicates his time to exercise and family.
- [ ] Toshi Yamamoto, founder and CEO of ChatWork, and his wife take their kids to school together to maximize family time.
- [ ] Gene Caballero, co-founder of GreenPal, plays the piano first thing in the morning to get a mental work out.
- [ ] Lindsey Handley, PhD, chief operating officer of ThoughtSTEM, does morning fun work on side projects 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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