



A Secret Habit of Super Achievers

Gideon Hanekom

A Secret Habit of Super Achievers

Super-achievers do certain things vastly differently from most other people.

That's why they live with *more intensity, intention, energy, vibrancy and impact*.

Simply put, they get more out of life because they put more in (*of the right things*) than most others.

In this eBook, I will share with you a **secret habit all super-achievers seem to have**.

This is not for everyone and unless you're very serious about taking your life to the next level, you will struggle with this.

But it will make all the difference if you can build this into your day. Let's get started.

If you want to achieve more with your day, here is the secret:

Start each and every day with momentum!

Now, that might sound very simple, but the big question is *how do you do it?*

Well, the even simpler answer is, creating an effective morning routine.

And I will share exactly with you what some highly successful people do, as well as what I do every day of the week to put me in optimal state to achieve as much as I can with my time.

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But before I share with you some tactical things around creating effective morning routines, we have to discuss a very important key element you need to possess or develop to maintain any great tactic (like a morning routine).

We call this, self-discipline. You have to learn how to master yourself, especially your mind (thoughts).

Leadership and high-performance expert, Robin Sharma, wrote in his bestselling book, *The Monk Who Sold His Ferrari*,

“When you control your thoughts, you control your mind. When you control your mind, you control your life. And once you reach the stage of being in total control of your life, you become the master of your destiny.”

So, before we get into how to create an effective morning routine, allow me to share with you a couple of key things you need to consider in order to master yourself and develop your self-discipline.

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Keys to Success: Mastering Yourself

While there are many ways to live life, most of the options fit into one of two categories:

1. You can live your life in a **reactive manner**, constantly at the mercy of the people and circumstances around you.
2. Or you can also **choose to be the master of your life by mastering yourself**. *You can be focused, resilient, and create the type of life you deserve.* When you control yourself, you control a large part of your destiny.

Being successful is rarely about working harder or longer.

It's about spending your time effectively.

Therefore, if your current levels of success and happiness leave you less than thrilled, you have to consider making some positive changes.

If you're ready to take control of yourself and your life, consider these:

1. Recognise that the issue isn't that you're not "good" at being successful.

You've simply been good at being *unsuccessful*.

To bring about the results you're currently experiencing, you've had to do certain things consistently for quite a long period of time.

Consistently taking a new set of actions will bring about new results. This is a super important principle to remember.

Even something as powerful as effective morning routines, won't make any lasting difference if you only do it once or twice and then give up.

Consistency is key.

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Most of the results you have in your life right now, is the result of certain consistent actions (or lack inconsistent action), NOT because you are not good enough.

You need to understand that, before moving on.

2. Take responsibility for your results up to this point.

While most of us would like to blame others and put the responsibility on them, it's much better to take responsibility.

If you take responsibility, you can fix it. If you really believe that your circumstances are someone else's fault, *what can you do?*

Even if it is someone else's fault, they're unlikely to do anything to rectify the situation. It might *not* be your fault, but it's still **your responsibility to fix it.**

Super-achievers all share *the trait of taking responsibility.*



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They do not blame, complain, or make excuses. They simply get on with it.

Therefore, if you want to take the results in your life to a next level, you have to *stop finding reasons why you can't and start finding rituals that can.*

Reasons or rituals – those are your only options.

Developing an effective morning routine is going to tempt you to come up with all sorts of reasons why your situation is special and unique, and why you can't do this.

And that's fine. You're entitled to your unique position ☺

What I'm saying to you, is that *without overcoming the habit of mental obstructions and objections*, achieving a high level will always elude you.

3. Understand the actions you least want to take are likely the actions that will improve your life the most.

Think about that. The things you're really dreading might be the very things you need to do to turn your life around.

Creating an effective morning routine might very well become the action you least want to take, but need more than anything else.

This is true of many other areas of your life also.

Remember, making a change and creating better results in your life or business, is supposed to be hard.

If it wasn't, everyone would be doing it. *Overcoming "the hard" is like a rite of passage.* That is the price of admission.

If you can't, or won't pay the price, you simply have to stay outside in the cold.

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4. Focus on effective actions.

These are the actions that will take you on the most direct path to your goals.

I personally like the 80-20 rule.

20% of our input typically leads to an 80% return.

20% of our clients are usually 80% of our problems or challenges.

20% of my diet is causing 80% of my health issues.

20% of my time is used effectively. etc.

80% of input often only leads to 20% return.

The 80-20 rule helps you determine the most direct path to your goal(s).

For example, suppose you're trying to lose weight. The most direct path is to *simply eat a small number of calories of healthy food and spend some time exercising each day* (20%).

But, an entire industry of crazy diets and exercise programs (80%) has been created because people can't get themselves to take the most direct path.

In most cases, effective actions are obvious. The challenge lies in getting yourself to take them.

As a super-achiever or high performer, you have to get into the habit of taking the most direct route to your goals.

You cannot afford being like most people who like to focus and dwell on the 80% that only gives them a 20% return.

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Be smart with your time and even smarter with how you spend your energy.

Creating an effective morning routine is one such a way. It is definitely part of the 20% that makes an 80% difference.

5. Embrace discomfort.

We're all attracted to being comfortable.

But, success lies on the other side of comfort. High performers are very comfortable with the uncomfortable. That's also the reason why they achieve much more than other people.



Now, as you would have picked up by now, I'm not sugarcoating these things for you.

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And the reason I'm giving it to you straight up, is because I believe you want more. Otherwise, you wouldn't have been here as a paying member to my site. *True, isn't it?*

Being able to face the truth, is also very uncomfortable at times. Yet, another thing that you need to get comfortable with if you want to take your results in the next level.

As you might know, I'm a competitive Masters sprinter (track and field).

And the reason I love it, is because there is no hiding on the track. It is just you and your competitors, and the stopwatch.

No excuses, no stories, no blaming ... Just you, the track, and the finish line. The one who crosses it the fastest, is the winner. Simple as that.

And when you don't get the result that you trained for, ***you only get a little bit of time to sit in your disappointment.*** After that you have to face the truth of what happened, and then do something about it. And that ***usually means going through more discomfort*** to prepare yourself even better for next time.



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Unfortunately, the road to progress and success travels through the land of discomfort.

We're generally only comfortable with the things we do on a regular basis. However, those are *the same things that have led to the life you're currently living.*

Discomfort can only be overcome by overruling your mind.

Here's the bad news, discomfort will be hard in the beginning, but the good news is, *like any new activity, taking action in spite of discomfort gets easier with time.*

6. Realise that life is short.

Imagine you're 80 years old.

How do you think you'll look back on all the things that are challenging you now?

Think about your life 20 years ago and the things that you found challenging back then. Are they the same types of issues?

It is always important that we put our life into perspective. That includes our challenges.

We have to stand back at times and see the forest from the trees.

Realising that life is short might give you the motivation you need to start putting the things in place that will take you where you want to go.

I always asked a question, *"what are you waiting for?"*

Honestly, *think about that for a moment.*

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What are you waiting for, if this is true for you?

Do me a favour, *and yourself for that matter*, **take a day off work and just sit on the couch for the day.**

You will realise after watching the say come and go that the sun comes up and goes down. Time never stands still because you are.

It keeps moving forward.

And whether you show up for life or not, life keeps going.

No one comes a knocks on your door offering you the world.

Your goals don't fall out of the sky.

Nothing happens, when you do nothing.

So, realise that life is short. You can sit on the couch watching it go by, or you can get some skin in the game and see what you can do with it.

What is the worst that could happen? You actually reaching your goals perhaps?! Wouldn't that be nice?!

No, choose to get up and get going, right now!

Mastering yourself is a challenging but rewarding process.

— Gideon Hanekom

Therefore just start to imagine if you could get yourself to do all the things you know you should be doing.

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How would your life look a year from now?

Take the time today to take one mildly uncomfortable action you've been putting off, even if it's just sitting down and paying your bills or calling your mother. Start getting into the *habit of doing something uncomfortable, but productive, each day*.

Over time, the really challenging things will become easier.

Master yourself and create the life you desire.

So, now that the pep talk is out of the way, let's turn out focus on the one habit super-achievers and high performances share:

Effective morning routines.

Skyrocket Your Success With an Effective Morning Routine

Let's start with a fact.

Super-achievers and high-performers almost all share the secret habit of a very effective morning routine.

This fact could be the difference between you getting good results and great results, even if you changed nothing else.

Think about this for a moment,

Have you ever noticed if you have a good Monday, the rest of your week seems to work out pretty well, regardless of whatever else happens?

It's also true that starting your day with momentum practically guarantees you'll have a good day. You tend to be more focused, prepared, energised and productive.

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So with this in mind it makes sense giving some attention to this wouldn't you say? I would.

Now, developing a good morning routine is fairly simple, however, sticking to it in a disciplined manner is much harder. But it pays off handsomely when you can.

A morning routine can give you the edge you need to start crushing it, every day, like clockwork.

The Power of an Effective Morning Routine

Let's start with the most challenging part of an effective morning routine ... getting up early.

Getting up early needs to become your friend if you want to truly crush it during the day.

Research has shown that we are most productive in the first few hours after a good night's sleep than any other part of the day. Our focus and creativity levels are at an optimum and we tend hold concentration for much longer than in the afternoon after lunch.

But this is the tough one for many people, because we love the comfort of our warm cozy beds.

However, if we really want to start our day with momentum we need to develop an effective morning routine which includes getting up earlier than usual (until it becomes normal).

And please note, I'm not saying working earlier in the morning. We're talking about conditioning your mind and body for optimal performance later on throughout the day.

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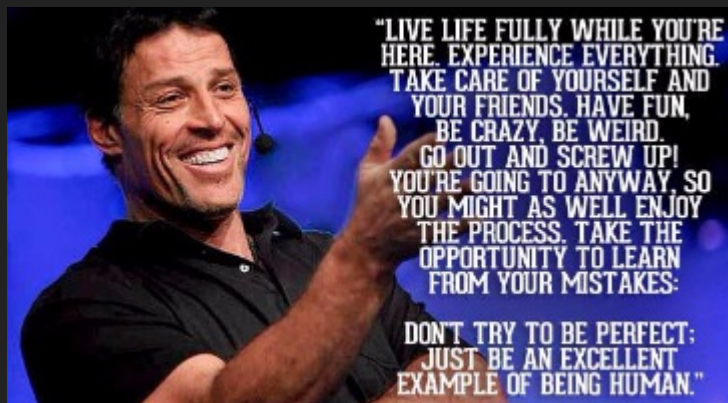
The last thing I would encourage people to do is to only sleep for a few hours and then do emails first thing in the morning. That's the worst thing you can do for your productivity.

In another book of his, "The Greatness Guide," **Robin Sharma** says:

It's so easy to forget that you cannot do good until you feel good. Organizational leadership begins with self-leadership. Getting up early to do your inner work, to sculpt your character, to sharpen your life's philosophy or to review your goals is not a waste of time. That Holy Hour infuses every remaining minute of your day with a perspective that elevates each area of your life. It'll transform you. Make you better as a leader. As a parent. As a human being.

That's what we're talking about here; elevating your life by sculpting your spirit, mind, character and body.

One person that has done this for more than 30 years, is **Tony Robbins** (world-renowned results coach and bestselling author).



He has a very specific routine which he calls, **priming**. Any he does this every day, and has been doing it for decades.

Is quite intense, but after I've developed my own morning routine based on his, I have to say that I feel ***much more in control of my day and life than before.***

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My worries have subsided. My focus is clear. My productivity is up. My desire and motivation to challenge the uncomfortable is higher than before. And doing this with a great sense of inner peace, is something I haven't experienced in a long time.

So does it work? I would say so.

Now instead of me writing out Tony's whole priming process, I thought to let him tell you in his own words.

Click on this link and watch the video.

I hope you watch that.

In fact I would say, if you don't learn anything else in the 12 months, and only applied a version of Tony's process every morning, your life would transform.

So here's what I do every morning:

My alarm goes off at **5:30 a.m.**

I go to a bathroom, get in the shower, and blast myself with cold water.

It's not exactly a plunge pool, but it does the job, I can tell you that.

Then I go to my office where I sit in the dark and do a very similar process to Tony's.

Firstly, I spent some time changing my breathing.

Then I focus on a few things I'm truly grateful for. Maybe a hug my son gave me the night before. Or something funny my little girl set. Or time I spent with my wife. Maybe for the fact that I can feel my feet in that moment.

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After that, I pray blessings of my family, friends, clients, various organisations, and myself.

Finally, I visualise the perfect outcome of certain goals I have. For example, achieving the national record for my age group, or new business flooding in etc.

After that I make and drink my pre-workout shake. While I drink that I read something inspirational, and then post some thought on my social media pages.

I would then work on any “project” I’m busy with like an e-book I’m busy writing, for example.

Then, I help get the kids ready for school and then I take them (if it’s my turn), after which I go to the track to work out.

After that the day unfolds with meetings, seeing clients, creating more resources and products, and dealing with various issues from my very colourful life.



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Your morning routine

So after watching and reading all of this, what can you change and improve in your own situation to come up with a more effective morning routine?

Obviously, your situation is different from mine and Tony's, and you know best what can work for you.

But beware, avoid coming up with excuses and reasons why you can't, if the truth is that you really can but it feels like it's going to be uncomfortable.

Discomfort isn't a good reason, just FYI ☹️

So to help you, let me give you a couple of tips to keep in mind when creating your morning routine.

Keep these tips in mind when creating your morning routine:



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1. Get up early.

Most people lie in bed until the last possible second. When they do get up, there's only enough time to get ready and barely make it to work on time. This is not a great strategy to start your day with momentum.

You'll have to experiment personally with the proper time to get up, but you should be able to get up and get through your routine with time to spare.

Getting up early also means you might have to go to bed earlier, which means more changes to consider.

2. A drink of water should be the number one thing on your list.

After 7+ hours without any fluids, your body is craving water.

Drink a big glass of water each morning and see how much better you feel.

3. Get some exercise in before work.

Whether it's 20 minutes on the treadmill, a walk around the block, or some calisthenics, do something to get your blood moving.

This will keep you from being groggy at work, you'll likely lose a little weight, and you'll feel great.

4. Schedule a little quiet time.

It's great to have a few minutes to meditate, go over your goals, or just relax.

This time also eliminates that rushed feeling most people have every morning.

You might want to use this time to read or journal some thoughts or ideas.

5. Have a good breakfast.

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Start the day out right with a healthy meal.

Momentum holds true here, too. *If you start the day by eating well, you're more likely to make healthy food choices throughout the day.*

Many health experts promote the idea that a good breakfast is the key to getting yourself healthier and in better shape.

My personal favourite is oatmeal and egg whites or left over fish from the night before (not mixed of course).



6. Go over your schedule for the day.

Think about what has to be done. This will give you a good mental picture of what your day will look like.

Do you have any meetings?

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Are there any clients coming into the office?

Are there any employee issues that need to be handled?

Instead of showing up at work and trying to figure out what's going on, go into work with a good handle on things.

7. Make it a habit.

It takes about 66 days (On average) to form a new habit.

Be diligent and really use your willpower for the next 66 days, including weekends!

Studies have shown habits practiced daily are easier to form than habits that are on a variable schedule.

So there's no letting up. *Practice the same morning routine every day!*

8. Get enough sleep.

Morning routines don't work when you've only had 3 hours sleep.

Well, maybe you can get away with it here and there, but not as a rule. Not if this is new to you.

Make sure you aim for at least 7 hours sleep when you start this habit.

Give your body time to adjust.

There is no rule that states you must stay up as late as possible to get the minimum amount of required sleep and barely make it to work on time. You're free to shift a couple of hours from the evening to the morning.

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By the end of the day, you're beat anyway. Most people accomplish very little after 9:00 pm. *Go to bed early and get up early.* You'll get a great jump on the day before anyone else even gets out of bed! And your new morning routine will be a perfect start to many great days ahead.

Final Thoughts

Developing a morning routine can really change your life.

Your morning routine should be unique to you, and with a little experimentation, you'll quickly discover the best morning routine for you.

You might think this seems like a lot to do each morning and on some level you're right, it is more.

But, doing this will make a huge difference in your life (in the long run).

Lastly, I don't know what your physical condition is.

So if you have heart issues or other medical problems, please use caution when just jumping into this.

If the cold water thing sounds like something you want to do, that's cool (pun intended), just use your own discretion here please. Stay safe.

Also, if you have epilepsy, make sure you get enough sleep. Please.

This is to help you achieve more, not hurt you.

If you have any thoughts, comments and questions, just email them to support@gideonhanekom.com

I love getting them.

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Also, if this eBook is your kind of thing, and you would like to really know more about how to make and break habits in your life, then you have to check out *Accelerate*.

What is it?

Accelerate is a online 6-week course I have teaching all the most important principles you need to know to make and break habits in your life.

In the last 4 years I've managed to lose 60 Lbs., transform my health from sick and having to be on chronic meds, and become fit and happy rather than unhappy and embarrassed like I used to be.

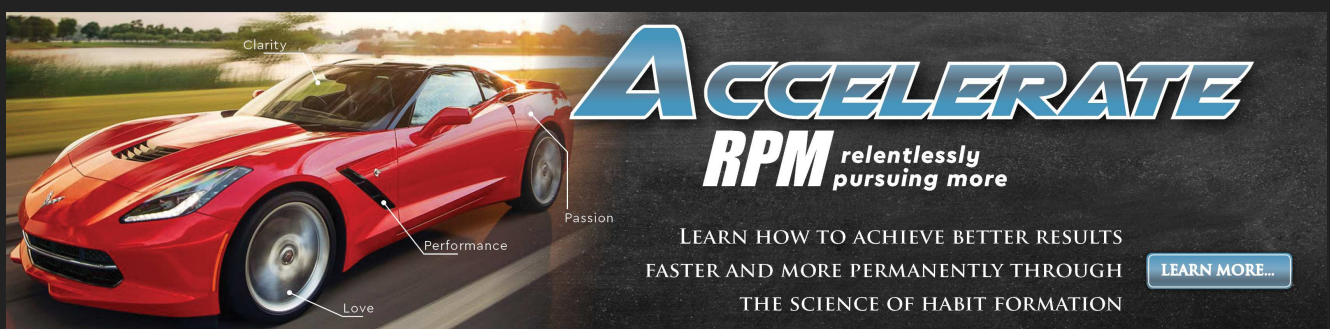
Not only that, I've also started my own consultancy business and have some clients pay me \$9000 to work with them.

A lot of the principles I teach them, I touch on in this course.

I usually sell this course for \$97 (at the moment) ... us Kiwis don't like paying much LOL ... but as part of this Thanksgiving week in the US, I'm giving it away for **\$17 only!**

That's crazy I know.

Here's a link:



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I was in such a rush to get this to you that I haven't even changed the video on that page.

The price is \$17 though.

That's an **\$80 discount!!!**

I put all of this course together for my friends and family because everyone kept asking me what I did to turn things around, and I got tired repeating myself ?

So in the spirit of being thankful for my family and friends, life, health, and fitness; I would like you to have this for cheap.

If I can help you turn your life around, that would be enough reward for me. But I do need to cover my cost.

So [go check it out](#).

It's coming down at the end of this week.

To your success,

Gideon H.

