



SPI Podcast Session #150 - A Day in the Life of Pat – My Routine, Schedule and Habits Shared

Show notes: www.smartpassiveincome.com/session150

This is the Smart Passive Income podcast with Pat Flynn, Session #150.

[Pat singing Good Morning from Singing in the Rain]

Intro: Welcome to the Smart Passive Income podcast, where it's all about working hard now so you can sit back and reap the benefits later. And now your host, who's sad he gave away his pogs in college, Pat Flynn!

Pat: What's up everybody? This is Episode 150 of the Smart Passive Income podcast. I appreciate you so much for being here, and I hope you enjoyed that rendition of Good Morning from Singing in the Rain. That's 1952. I mean that's Debbie Reynolds, Gene Kelly, and Donald O'Connor. Those are old-school classic names, and hopefully I did them justice in the SPI way with some beatbox. Anyway, thanks for listening to that.

But why are we talking about the morning? Why this whole Good Morning thing? Because I've recently injected a morning routine into my life over the past couple months, and it has made a dramatic difference in my productivity, my creativity, my focus, my business life, my personal life, in all different ways, and I'm going to share all those things with you in this episode. I'll talk about sort of how my schedule has changed over time.

At the end I'm going to give you pretty much a rundown of what my day looks like. Unlike before, now, ever since implementing his morning routine and hearing some advice on other podcasts on how successful entrepreneurs maximize and optimize what they do, I have a very specific set of things I do in the morning, very regimented.

Without having to think about doing it, I just do these things, and I leave the hardcore decision making for more important things, not, "Hmm, should I make coffee now or should I brush my teeth first or go exercise first?" It's not that. It's saved for all those important things related to my business and personal life. I'm going to talk more about that in a little bit.



I want to start out by taking you back in time, getting into the Delorean and closing those gullwing doors and taking you back to May 16, 2011. On May 16, 2011 I published a post on the Smart Passive Income blog called "A Day in the Life of Pat," and I'm going to give you a rundown of what life was like back in 2011 right now. This is kind of where we're starting. I didn't write this post until then because life changes. Things happen over time.

I wish I had done this in the beginning so I could sort of remember exactly what life was like even before I had kids, but at the time of this post I had one child, my son. He was almost two years old at this time, and this is what life was like.

I'm not going to read this post word-for-word, but I'll read sections of it and kind of analyze it, then you'll see the differences over time in how my life has changed, how my routine has changed, and how it's gotten better over time.

That's not to say it was bad back then. Part of being an entrepreneur and part of living life is to be able to adjust to things that happen around you. Nothing more important and nothing more drastic happens in your life than when you have a kid. Your life just completely changes almost overnight, and my life did change when I had a kid, so this is what life was like with one kid.

I would get up essentially at 7 am. I even say here, "My alarm is my son calling for mommy from the other room." I would go get him and we would have breakfast together and we'd have play time, and all this time my wife is asleep. I'd let her sleep until 10 am.

She has the hardest job in the world as a stay-at-home mom. I mean all moms have a hard job raising children, but a stay-at-home mom especially. I feel like my wife is just the most under-rated player in the whole Team Flynn. Nobody gives her credit for the work that she does, but it's so important.

I wouldn't be able to do what I do right now – podcasting, blogging, going to conferences and stuff – if not for her, and I'm so thankful for that so I do what I can to give back her, and I want to let her sleep in. I'm a little selfish in that way too because that's my time with my son in the morning, so I get my time, my wife gets more sleep, and she'll have her alone time with my son while I'm working later in the afternoon, which you'll see.



Once my wife wakes up at 10 am we play together more as a family. We have lunch together. My son is only a year and a half so he's taking two naps during the day at this time. He goes down for a nap about 10:30 am, at which point my wife and I talk, we chat, we catch up, we hang out, just watch a little TV together, and then 30 minutes or an hour later I'll get to work.

At that point my wife is kind of doing her own thing until my son wakes up. She can't really get deep into anything at this point because my son will wake up in like a half hour typically. Again I'm talking about back in 2011 when my son was 1-1/2 years old and my business was three years younger than it is now. It was the same type of business, though, a lot of content production, a lot of brainstorming, podcasting, blog writing and things like that.

At that time I go into work mode, so I go into the office, I shut the door, I turn off my phone, I get rid of all distractions, I turn off Twitter and Facebook, I turn off Skype and things like that. Then I do a lot of things that don't require too much creativity, a lot of stuff that is maybe repetitive or stuff like answering emails.

Those things don't require creativity. They're almost brainless in a sense. I mean emails aren't brainless, but you know what I mean. They're kind of a repetitive thing, and one by one I go through them. There's not such high-level thinking at that point. The creativity I save for the night time, and you'll see later in the schedule back in 2011 when that comes into play. So that's sort of what happens in the afternoon.

I go till maybe 4 or 5 pm, so I'm working four hours so far during the day at this time. My wife knows that when my son wakes up she's taking care of him while I get work done, and playing and whatever it is that they do, reading and all those kinds of things.

Then around 5 pm I get out of my office and we hang out as a family together. We either go out to dinner, or I love to cook myself so I cook, and that's always good because we're health conscious and we try to cook and have healthy foods.

That was sort of happening around this time mostly because not too long ago before this I was just not feeling good, and I wasn't feeling good in a way that when my son was almost one year old I was carrying him up the stairs and I got to the top of the stairs, 14 steps – I remember because I counted – and it was just so insane because when I got to the top I was completely out of breath.



That was a big wake-up call for me. "Man, if I can't even go up 14 steps with my son without getting tired, what's going to happen when he's 2 and running around like mad? What's going to happen when he's 5 and he wants to play soccer? How am I going to keep up with him? I really need to focus on my health and what I'm eating."

It was just shortly before this post, maybe a few months, that I started to turn things around, so what we cooked and what we ate was really important. Also at this time I was working out, and you'll see that later in the schedule as well.

In the evening after dinner we'd relax as a family, then at 8 pm we put our son to sleep. That took about an hour to do because we'd give him a bath and read and all that stuff.

Then at 9 pm both my wife and I together would actually do a workout. We were doing these at-home fitness workouts. A lot of you who have followed the blog for a while know that I've posted these little before and after pictures, the first one when I did the P90X program. At this time I was talking about the Insanity program by a trainer called Shaun T from the Beach Body Network, so that was really good for us and kept us fit.

That was the only time we could fit it in during the day, was at 9 pm, so of course by the end of that I'm up, I'm excited, I have adrenaline and I'm ready to get into work/creative mode. This is when I'm writing blog posts. This is when I'm brainstorming and doing a lot of creative things.

That's what I did at that time. It was all the nighttime until about 2 am when I would get to sleep. During those work hours in the nighttime, that's when my wife would get things done around the house, because it's hard to take care of house-related things and that kind of stuff when you have a 1-1/2 year old.

So at 2 am I'd sleep, then we'd kind of go through the same cycle every single day. That was a flexible schedule, and that's the beauty of doing online business in the way that I teach it and that I share. You have a schedule, and that's very important to have, or else you tend to cross over those boundaries between personal life and business life.

This was after my wife and I had some serious conversations before we had kids, when those boundaries were being crossed. I would have conversations with my wife, but at the same time I'd be thinking about my business, and while I was working on business I'd be thinking about doing other stuff and not focusing on my business.



Having that schedule in place and also, like I said before, a physical space where I could check in and go into work mode, then after work hours are done or whenever my schedule says, I can check out both physically and mentally from work, and that was really important. If you have a family that's even more important because you want to make sure that you're fair to the people around you and those that you love. Again, this was back in 2011.

In 2012, I would say a year and a few months later, my wife and I had our daughter. For any of you who have kids out there, you know that having a second child doesn't 2X the work that you have to do to take care of your children, but it kind of 10X's. Sometimes it feels like 100X. It's a lot, so at that time we had to make some changes to the schedule.

I wanted to be there to support my wife in taking care of both of the kids at the same time. Luckily, my son was a little bit more independent at that time. He was about 3 years old, almost 3, so he was a little bit easier to take care of, but of course with a brand new child in the home I wanted to be there as much as possible.

So a lot of the time I had spent during the day working back in 2011, that was dedicated to my family, and more of my work hours went toward the night. For those of you who have recently heard about my schedule or perhaps talked to me about it or heard me talk about it on podcasts on other people's shows, you know that my work hours start at 9 pm and I don't typically get to bed until 3 or 4 am.

I'm working hard late at night for a few reasons. First, I want to spend all day with my kids. That's why I do what I do, so I can spend time with my kids, so I'm not going to waste that precious time when they're growing up – and man, they're growing up so fast – but I also know that if I even tried to work during those hours I wouldn't be able to focus.

I'd be like, "Man, the kids are having fun and they're laughing in the other room. I want to be there!" but also they would interrupt me. I've tried to work during the day, and even if I get into a good 30-minute block of time, it's going to get interrupted at some point or something's going to happen. Somebody's going to scream and it's just going to wipe my attention away from my work, which is hard.

The hardest thing to do when you get out of work mode is to get back into it after something, so I don't even deal with that. I don't even do work or try to do work while the kids are up. I only do work after the kids are asleep.



Again, this is from about mid-2012 to even just last year, late 2014. My entire schedule was all day with the kids, which I loved, and then hustle at night after they're asleep, and it worked. That's how I got so much done last year and I loved it.

I don't sleep as much as most people do, and I don't want there to be a whole conversation about sleep. I obviously know sleep is important, but I also think that it's not about the number of hours you sleep, but the quality of sleep that you have.

There's a lot of books out there about this. [Shawn Stevenson](#) was on the podcast before talking about things you can do to optimize your sleep. I know we've all slept 8 hours before and still have woken up groggy, so I'm doing a lot of things that are working in my favor to maximize the kind of sleep that I have.

I'm using apps like [SleepCycle](#), which is an app that I use now to wake me up in certain parts of the cycles of sleep. It can wake me up at the optimal time when I'm not in deep sleep, so less of a chance of waking up groggy.

Obviously when you eat better and you exercise you're going to sleep better and deeper, and when you get sun in the morning when you wake up. One of my rituals – and some of you might know this who follow me on Instagram – is to go outside and get some sun when I wake up and the sun is up. That was something I always did because it helps with your cycles, so all those sorts of things helped. I would say on average I'd get 6 or a little less hours of sleep.

Then I interviewed a person named Hal Elrod in in [Episode 140](#) of the Smart Passive Income podcast. It was just very timely because he has this book called [The Miracle Morning](#). It was around this time that I was listening to a lot of other podcasts. Again, this was November/December of last year, and on those other podcasts I kept hearing about people's morning routines.

For Tim Ferriss, that's a question he asks almost every guest that comes on. "Why don't you tell me about your morning routine and what it's like?" and every single person has this incredible ritual that happens when they wake up, the [Tony Robbins episode](#) and every single episode that Tim does. On John Lee Dumas's show, [Entrepreneur on Fire](#), they talk about this all the time too.

I would be like, "What's the big deal about this morning thing? I'm just the opposite. I do things at night." I would have never thought I would have done this morning thing,



but then after talking to Hal in this interview – and you can hear it on [Episode 140](#) – he talks about the fact that when you start your day by waking up for you and improving yourself and priming your morning for the rest of your day, it just has a grand effect on everything that you’re doing.

That kind of flipped a switch for me. I was like, “Wow.” I always woke up because of an alarm, because I had something to do. I set an alarm based on the first thing I have to do that morning. When I talked about 2011 it was always my son. That’s obviously a great thing to wake up to, but a lot of us who have jobs wake up because we’re going to go to work, or we wake up because we’re going to do something that is somebody else’s priority. What about waking up for you first, and doing things to self-improve?

That really caught my attention. I was like, “You know what? I like to experiment with things. Let’s try this out,” so I put [The Miracle Morning](#) into my life. I read that book, and actually read through it twice. It’s a short read but I highly recommend it, and I started to implement parts of it into my daily routine.

I have to tell you it was not easy. Like I said, I would go to bed typically around 3 or 4 am, and it took a while to get used to waking up at 5:30 or 6:30 am. I was just not able to do that.

I remember the first time I got hooked up with this app called [SleepCycle](#) to help me wake up. What it does is it kind of runs an alarm for you at the time at which you are not in deep sleep, so that you can wake up. I remember waking up to that alarm, which was nice at 5:30 am those first couple weeks, then just snoozing. Then I’d wake up at my normal hour.

I just was disappointed because it was like, “Wow, okay, my body’s telling me that this is just not for me,” but there were some other things that I did, even when I woke up later than I wanted to, as I started to transition into this Miracle Morning.

I’ve added journaling into my life, and that’s with the help of [FiveMinuteJournal.com](#). I use that book to journal immediately when I wake up, or almost immediately after I wake up. I do a few things first, and I’ll go through my routine in just a second, but that’s been incredibly eye-opening for me, to wake up and think about the things that I’m grateful for and reflect on those, and think about the things I want to accomplish during the day.



At night before I go to bed – which is what this book tells you to do is to write a few things before you go to bed, there’s actually prompts and blank spaces you’re supposed to fill in, 1, 2, and 3 – I think about the things that I accomplished during the day and that were awesome, and I can reflect back on those.

As soon as I wake up I think about the amazing things in my life, and I can prime myself for an amazing day. Right before I go to bed I think about the amazing things that happened and I can get excited to wake up the next day and do even more, so it’s really cool. Adding journaling to my life has been really, really cool.

It’s something that I thought was just kind of for teenage girls to write when their boyfriends break up with them, but this is something that I hear a lot of people do, and it works and I love it.

FiveMinuteJournal.com is great because it kind of guides you when you journal. It’s not like just a blank piece of paper and then you start writing. “Dear journal, today I thought about...” No. This is like, “Write the 3 things that you’re grateful for right now. What are 3 things that you want to accomplish during the day?” Then before you go to bed, “What are 3 amazing things that happened? What’s 1 thing you wish you could improve on or thought you could do better?” It’s amazing.

I’ve also implemented meditation into my morning routine as well. I’ll talk about the order of operations here in a second, but meditation with the help of a tool called [Muse](#). Maybe you’ve heard me talk about this before. I’ve talked about it on the blog several times. If you’ve seen me wearing it, it’s silly. It looks like this little headband, and on this headband there are sensors that read your brain activity.

When your brain is active, it actually talks to this app that you open up, and when you do a session, when you’re listening with your headphones and when your brain is active you hear rushing water, you heard wind, it’s very loud. When you’re calm and your brain is not active and you’re focused, you hear hardly anything. You hear maybe trickles of water. If you’re calm for a certain amount of time you hear birds to kind of validate that you’re doing this correctly. I love that. I love the fact that this tool validates that I’m doing it right and that my brain is calm.

I’ve tried other apps, and there are fantastic apps out there. There’s one called [HeadSpace](#) that’s amazing, that was recommended to me by like 500 people when I started talking about wanting to implement meditation into my life, and that’s fantastic.



I love that app. That guy's voice is just awesome. I wish I had that voice, the guy who's guiding you through this meditation through this app called HeadSpace.

But I remember specifically just wondering, "Is this working? Am I doing it right? I don't know." It was hard to tell, but this app called Calm, which plays along with this tool called Muse, you can find it at [ChooseMuse.com](https://www.choosemuse.com), it just validates if you're doing it right or not, and at the end it sort of gamifies it for you. It tells you how you're doing. It helps you keep track of where you were at certain points during your session. It helps you understand what days you're best, what time of the day you're best, and all this really fantastic information.

That's the kind of person I am. I love validation. I love information. I love data. And to keep track of my progress over time is helpful too, so I've implemented meditation into my life using this tool.

I want to give a shout-out to my buddy, Michael Moon, one of my high-school friends who showed me this thing, and he's since kind of weaned off of this thing, and I hope to do the same. It's using this tool to train, but now he's able to do it on his own using HeadSpace. He knows what it feels like, and I hope to do the same thing by the end of the year as well.

Another thing that I've been implementing into my morning routine is my exercise, so movement, moving around and exercising. I've been combining that with some goals that I have for later in the year. I signed up recently for my first triathlon. A lot of you know I've been running half-marathons. You've been seeing them on Instagram and things like that. I want to go bigger and try harder and keep pushing myself, so I'm going to be doing a triathlon of September this year.

And silly me, I actually signed up for a second triathlon because I just want to keep doing it. I know that first one's going to be a struggle because I've never gone through it before, so I signed up for a second one which is a week after the first one.

You might call me crazy, but I love it. I just love pushing myself, and I need to set these goals in the future, these things to look forward to. Before it was the half-marathon. Now what's next? A triathlon, to keep pushing me forward. Why am I waking up today? Well, I have a triathlon in September. That kind of thing is helping me.

What's after the triathlon? Probably the next triathlon up. Right now I'm training for a sprint triathlon, which is a 750 meter swim, almost a half mile, then a 12-mile bike ride,



and a 5K run, so a 3.1 mile run. The Olympic triathlon is twice that. Then of course we all know the Ironman Triathlon is – I don't even know how long the swim is. It's ridiculous. Then it's like a 50- or 100-mile bike ride, then a full marathon after that.

I don't know if I'm going to get to that point, but it's something to shoot for maybe. But I know that I'm making improvements in my life, not just for this triathlon but for everything else around me.

I know from experience that when I focus on my health and my exercise, it's just made all these amazing things happen in other parts of my life – in my business, focus, productivity, how happy I am, my stress levels go down, all this kind of stuff. My confidence goes up too, plus I feel like I look better too, cut out a little bit of the fat and more tone. So anyway, it's having a big effect on my life. Those are some of the things I've been implementing now into my morning routine, and it's been fantastic.

I'm going to go over now and finish off this episode talking about what happens the moment after I wake up. I'll kind of take you through my day now. This is 2015 now, so quite a long time after 2011, the last time I talked about a day in the life of Pat in sort of a formal way on the blog or the podcast.

The purpose of this whole podcast and everything we're talking about here is not so that you can do the exact same routine as me. No. It's to hopefully give you some insight on how I do things, and hopefully you can pull some inspiration from that so you can implement something in your life that will help you become a better you.

That's what The Miracle Morning has really been for me. I know Hal listens to this podcast. Hal, thank you so much for sharing your wisdom and telling us your story, obviously. That was just such an incredible inspiring story and tragic story that you told on [Episode 140](#), in terms of your accident and everything that you went through. We're all thankful for you, and thank you personally from me and my family to you for helping us understand how important the morning routine is.

Really, like I said earlier, it has really set up my day, every single day, in a perfect way. I feel like even if at 7 am I just quit doing everything for the day and I just sit on the couch all day, I would have at least have already accomplished so much – my meditation, my journaling, my reflection, my exercising, and all that stuff already done by 7 am.



It's just such a cool way to start the day. I'm dedicating the beginning of the day to myself, and then I'm giving it to other people. That's what we should be doing.

I highly recommend injecting some Miracle Morning routine into your life and picking up Hal's book. We'll put it in the show notes for you, of course. This is Episode 150 of the Smart Passive Income podcast, so of course the show notes are at SmartPassiveIncome.com/session150.

Let's get into my morning routine and what it's like now. Recently I've actually been waking up at 5:30 am. Now, with this app called SleepCycle you can set your alarm for 5:30, but it might wake you up as early as 5 because we go through these cycles and oftentimes it does wake me up at 5:10 or 5:15, even though I set my alarm at 5:30.

This app tells me that if I wake up at 5:30 instead of when it tells me to, then I would have woken up more groggy. It wakes me up at the perfect optimal time, so sometimes I have a few extra minutes in the morning.

The first thing I do immediately after I wake up is I go to the bathroom sink and I wash my face with a couple splashes of water on my face, I brush my teeth, and immediately right after that I'm awake. I'm ready.

What I do after that is I go downstairs and grab a glass of water and rehydrate. That was recommended by Hal as well, and that's really helpful. I'm still in my pajamas at this point. I go to my office and I sit on a special chair that I have in my office that I've dedicated to be the sort of what I call the meditation chair, although I do a lot of other things like read on it and things like that, too.

What I do is I sit on that chair and I meditate. I put on my little headband, I put on my headphones, and I turn on my app called [Calm](#) which goes along with that, and I do a 7-minute session. I started with 3, I'm moving up to 7, and hopefully I'm going to get into the 12 and then a 20-minute session over time. I've just found that the longer I go, the better chance I have of losing that focus.

I got to a point where in my 7-minute session I could tell every single session after 5 minutes I would just lose it and I would start thinking about these random things. My brain wasn't ready to start thinking so focused for so long, and now I'm over the 7-minute mark. I'm actually getting into the 12-minute sessions now, so I can already feel the difference in training my brain. It's becoming more focused for longer periods of time. It's so cool.



So I'll typically do a 7- or 12-minute session, then immediately after that with my headphones still on I'll turn my app to iTunes radio and turn on a Mozart channel, so I listen to classical music. While I'm listening to classical music I reach over and there's my FiveMinuteJournal right there. Again, this is all prepared the night before and I don't have to think about anything. It's all done for me because I don't want to waste that decision-making fuel that we have.

This is something that somebody told me once. I don't know if they told me or I heard it on a podcast, but they said, "Every single day after you wake up you have a certain amount of fuel in your brain to make tough decisions."

The thing that sort of made me believe this was when you think about the end of your day and how sometimes you're just like, "Ah, whatever," and the end of the day is when you make stupid decisions. You eat things you maybe shouldn't have and you just don't want to think anymore, right?

That's kind of what's leading me to believe that this exists. I don't know if it does health-wise or biologically. I'm not sure if it's real, but I want to believe it and I feel like it's true, so I save all my important decision-making decisions for big decisions that I need to make, not "What do I do in the morning?" It's already laid out for me. It's all done and natural and just kind of flows into it immediately after I wake up.

So after I meditate I listen to Mozart and I grab my FiveMinuteJournal, and my pens are all ready, and I start writing that day's entry. When I finish that day's entry I close the book, I go to the kitchen, and I typically grab one more glass of water at that point. Then I go upstairs and I put on my exercise clothes. It depends what I'm going to be doing. I either run or I bike, and I know the night before what I'm going to do.

It's based off the workout schedule that I have by a trainer that I have, who's helping me swim, bike, and run this triathlon, so I know what I'm going to do. I have the clothes laid out already, so I put on my running shorts or I put on my bib that sort of looks like a wrestler's outfit with the straps, for biking, and then I go exercise.

I'll typically go at least 30 minutes. That will probably go up in the future as I get closer to the triathlon, but 30 minutes is good now to get a good 5K in or a 10-mile bike ride. That's what it's been about so far.



Then I come back home, and immediately when I come home I turn on the hot pot, which heats up some boiling water because I'm about to make the coffee, but first I go and shower. While the water's heating I go and shower, come back down, and my clothes are ready. I'm already in clothes to start the day. I'm not in pajamas anymore.

I'm very awake at this point, obviously, because I've just worked out. I grab the water that's hot, I make myself a bullet-proof coffee – you can look that up if you don't know what that is – and then while I'm doing that I'm reading while I'm drinking my coffee, which is a part of The Miracle Morning as well.

I'm not reading for too long, maybe 20 minutes, because by that time it's about 7 am, at which point my son will wake up and we'll start the day together. At that point I'm very happy and excited and energetic. I make sure he gets all his clothes on, and I feed him breakfast and we talk and hang out.

I prime him for the day, ask him what he's excited about and those types of things. Then my wife is up, then my daughter's up too, and we all go together to bring my son to school. That's the coolest thing.

So I've already done a lot during the day. I've accomplished the exercising. I don't need to do that anymore during the day. I've already thought about what I'm about to do because I've written about that in the journal, so when I get into work mode I already know what to do, but work mode doesn't happen yet.

What happens is we both bring my son to school, which is awesome. Except for Friday sometimes, we're definitely the only couple that brings our kid to pre-school together, and that's so cool. Even the teachers have noticed. They ask, "How is that able to happen?" A lot of the other parents ask, "How are you both able to come and bring your son each day? I think that's so cool. I wish we could do that."

I'm just so thankful for this lifestyle that I've been able to create and to be able to do this. It's so cool and I'm just very thankful. Of course those conversations with those parents end up being discussions about online business and passive income and flexible hours and that sort of thing.

We come back home and play with our daughter for a little bit, read, sing, and she loves to dance so we dance. We have a little dance studio that we created in the house for her. We dance there, or now she's actually getting into dance classes, so once a



week she goes to dance classes and I can go with her to that as well, which is really cool.

My work hours start after lunch. In the morning if we're not doing anything, my wife will get her own stuff done. She'll exercise and jog at that time, or go out and do a workout of some kind. That's her time, and that's my only time with my daughter too, which is really cool.

Then we'll have lunch together and then – kind of like before in 2011 – I'll get into work mode. I've sort of learned how to write during this time and be creative during this time. I don't save that till night, even though I still work a little bit at night, like I'm recording this podcast right now at night, but I don't sleep quite as late as I used to before.

I go to bed at midnight now, so I still have about 5-1/2 to 6 hours of sleep, but it's kind of shifted around a little bit, but I feel like I start my day off better and I end on a higher note because I'm just so thankful for everything that I've already accomplished.

Let's fill in the gaps. I missed a whole afternoon and evening there. I'll work during the afternoon, at which point my wife will be taking care of my daughter and also go to the school to pick up my son. Sometimes if there's not much going on I'll go with her to pick him up too, because he can be kind of crazy sometimes, running around the schoolyard with some of his friends and stuff.

Then we might get some errands done, or my wife might get her shopping done, grocery shopping at the time while I'm still in the office. Then at 5:00 I'm out of the office every single day except for Wednesdays.

Wednesday is my day to get out of the office and go downtown, where I go and work in a co-working space. I'm testing this, but it's been really good to once a week get out of the house. That's my full day to do some high-level stuff and really kind of walk away and start writing. I'm dedicating that time to book-related things, and you'll hear more about my book, if you haven't already, on SPI TV and more later in other podcast episodes in the future.

That's been really cool to have that day for me away. I schedule that time every Wednesday. If somebody's in town, that's the day I go and meet them for coffee or have dinner with them. I come home before the kids go to bed so I can tuck them in.



That's my one day a week that is just for me, and that's the one day that my wife knows that she's going to have full care of the children.

Her day is Sunday. That's her day to do whatever she wants and that's the day that I take full responsibility for the kids, so we kind of trade off. This is what's working for us now, but it's probably going to change once our daughter goes to school or our son gets into kindergarten and he has different hours.

That's really what it's all about, working with what you have and adapting to the situation. This is how we've adapted now and it's been really great.

After 5 pm I come out of the office and we have dinner together. Typically I cook it at home. We've been trying really hard to do that more and not go out as much, and it's been really fun. I get the kids involved in the cooking now with prepping certain things. We make our own gluten-free pizzas and they put the cheese on and the pepperoni on and that sort of thing, or if anything needs stirring I let my son or daughter do it, obviously in a safe way, nothing over the stove, things like that.

We have dinner together, which is great. We spend the evening playing with Legos or doing activity books and reading and things like that. Then around 8:00 it's time to get them ready for bed, so we give them a bath and put them in their PJs and read to them.

Right now we're in the middle of reading Harry Potter. We're almost at the end of the first book, actually. We've been reading just a few pages a day but it's been adding up, and my son is actually following the story quite well.

Then we put them to bed and at 9 pm, once they're both down, if I have work to do I'll finish it up and do a couple hours of work at night. If not, that's me and my wife's time to hang out and catch up on some TV that we've recorded. We don't cut out TV totally, but we've cut out a lot of it.

We've been utilizing the DVR to kind of time shift and be able to watch TV when we want to. We don't watch Dancing With the Stars anymore, which is something I mentioned in this post back in 2011, but we are big fans of a few shows like The Walking Dead and Game of Thrones. I'll throw in a DVD every once in a while like Back to the Future, of course, right? Then I've gone over to the Star Wars series every few months, just to kind of get that into my brain again. I just love Star Wars.



That's what my day is like, and then we go to bed. Before I go to bed, of course, I finish off my journal entry and fill in the prompts for the 3 things that were awesome during the day. It's really cool just to think, "Yeah, that was awesome!" and that becomes even a conversation starter between me and my wife when we're in bed getting ready. Then I finish off with "What's 1 thing I wish I could have done better?" and then I go to bed. Then I start the same thing the next day. Still, it's very flexible, which is really cool.

I think it also helps because when I work in the afternoon I can get more stuff done that requires sort of conversations and interaction with other people. That was something that I didn't really do much of before. I'm not going to force people to stay up till 4 am unless they're in Australia. Me and Gideon Shalwick have great conversations really late at night because that's the afternoon for him in Australia.

It's just been really cool to have normal work hours during the day when my wife knows I'm in work mode and she has things to do and her responsibilities. Then I have my responsibilities in getting the kids ready in the morning and that sort of thing. It's a great back and forth.

It did require a lot of conversation and working together, adjustments, keeping track, wondering how we can make things better and always keeping conscious about that, and it's been working out really well, and The Miracle Morning has definitely been a big part of it.

Hopefully that just gives you some insight on what I've been up to and how things have been running lately. My productivity has been off the charts. It's largely in part due to the team that I built over the last couple years, and obviously thanks to everybody on my team. You can hear more from them in [SPI Episode 138](#), if you haven't already. You actually literally hear from them in that episode.

It's not just that, though. It's because I've been just completely focused. Ever since starting the morning routine I feel like when I'm working I am just on it. I remember today actually I just had a film shoot or recording with my videographer, Caleb, downtown, and we just cranked it out. It was just the most amazing film shoot, just spot on, one take. Everything I did today I felt was on it, and no waste of time.

I feel now especially because the kids are so young I want to make sure that every second and every minute I spend working is for a purpose and is for a goal that I'm looking forward to accomplishing. Every minute I waste, I feel like that's time taken



away from other things that I could be doing, or spending time with my kids, and that makes me feel terrible when I catch myself.

I still catch myself every once in a while going down a YouTube hole or scrolling like 10 pages down on Facebook because there's just really interesting videos and funny captions and cool quote cards and things like that. It's really easy to get lost in all that stuff, but because I've been implementing the meditation and the journaling and just being really focused, it's really easy for me to get back on when I fall off that wagon.

So that's my routine, and hopefully you enjoyed that episode. I want to know what you think, so if you have your own routine or you have comments about mine, let's talk about. Go to SmartPassiveIncome.com/session150 and let me know what you think. I'm really curious to hear what you think.

I would love for you to share your morning routine, or if you've recently adopted The Miracle Morning, thanks to Hal and his book, I'd love to hear your thoughts too on how it's changed you, if it has changed you.

Maybe you tried it and it didn't work out for you, but it is totally working out for me. I'm so excited to wake up every single day and do stuff for me, get stuff done, improve on my physical health, my mental health, and learn in these books that I'm reading every morning while I'm drinking coffee, and just improving myself.

Then it's being able to use that energy and everything that I'm doing and be productive with to help others, not only my family but all of you listening to this, too. That's how I've been able to get so much done already in these first couple months of this year.

Hopefully that inspires you. Let me know what you think. Again it's SmartPassiveIncome.com/session150, and you can even learn more about what I've been up to and even see what I've been up to by going to WatchSPI.tv. This is my brand new TV channel. Every Friday on the blog I post a new video in this sort of TV show that I have. I mean it's not on TV, it's on YouTube and also in iTunes as well.

You're on iTunes right now, most of you who are listening to this podcast. You can just quickly subscribe to the video show, too. You can go to WatchSPI.tv and subscribe from there, whether YouTube or iTunes, whatever is good for you, so go ahead and check that out. I don't think I've mentioned that yet here on the podcast.



I also want to thank today's sponsor, which is 99Designs.com. A lot of you know I talk about 99Designs.com because it's great. It's a fantastic tool you can use if you have any sort of design work that you need done, and of course you do. You have a website. You have a brand. You want to make sure that brand looks great because that's the first impression you make to people who come to your site.

Anything that you produce – maybe it's an ebook cover, maybe it's a header or sort of template for your emails or whatever – you're going to need stuff designed, and 99Designs.com is a great place to go.

You put in your little job description of what you want, and designers from around the world will compete to make the best design for you. You get to pick the ones you like best, and if you don't like any of the designs that come in you get your money back. Yes, you get your money back, which is super cool.

All you have to do is go to 99Designs.com/spi, and when you do that you'll get \$99 credit towards your next design project. It's going to upgrade you to get a little bit more exposure for your next design project, so check it out. Again that's 99Designs.com/spi.

Thank you guys so much for listening in on this and spending time with me, thinking about how our routine is, what our day is like, and kind of getting an insight on what life is like as Pat, at least today in 2015. I'll have to revisit this maybe in Episode 200, or maybe in Episode 250 we can talk about this again and see how my life has changed.

It's always fun to think about what your life is like, and how it was and what you've done to change it and improve it, if you have. Hopefully you're all making improvements. Hopefully this episode has given you something in terms of what you can do to improve and optimize yourself, not just for you but for the others around you, too.

Thank you so much. I appreciate it. Check out the show notes and leave me a comment at SmartPassiveIncome.com/session150. Love you guys. Thank you so much for listening. Take care and I'll see you next week.

Outro: Thanks for listening to the Smart Passive Income podcast at www.SmartPassiveIncome.com.



Links and Resources Mentioned in This Episode:

FiveMinuteJournal.com

[SPI Episode 140](#) – with Hal Elrod

[The Miracle Morning](#)

[SPI Episode 125](#) – with Shawn Stevenson

[SPI TV](#)

Apps

[Sleep Cycle](#)

[Muse meditation app](#)

[ChooseMuse](#)

[Calm app](#)

[Headspace app](#)

[Tim Ferriss podcast with Tony Robbins](#)

John Lee Dumas podcast, [Entrepreneur on Fire](#)

Today's Episode Sponsored by:

99Designs.com