



## BRENDON BURCHARD'S 5X50 PRODUCTIVITY FORMULA

Increasing our focus, energy and effectiveness by 30% every single week is fairly easy. Brendon Burchard has proven this with his private clients and High Performance Academy students over and over again. Below are five areas Brendon insists his clients must master in order to feel the vibrancy, joy and progress in life they deserve. Rate yourself honestly, tally the total, and see how well you're doing.

### Categories

### Your Rating

Yes, very much = 10; No, not at all = 1.

#### 50 MINUTES MORE SLEEP

1 2 3 4 5 6 7 8 9 10

How consistently are you sleeping 7-9 hours per night? Please remember the word here is "consistently." Rate yourself on a scale of 1 ("I never get that much rest") to 10 (I almost always sleep 8 hours per night") then journal here on how you could start to improve this area of your life:

#### 50 MINUTE MORNING POWER BLOCKS

1 2 3 4 5 6 7 8 9 10

Do you activate your physical body with stretching or a workout every morning? And do you begin your day strategically planning or in reaction-mode responding to your emails, messages and demands of others? How much of your first 60-minutes is really spent thinking and finding your center and purpose? Write how you could improve:

#### 50 MINUTE BLOCK TIME

1 2 3 4 5 6 7 8 9 10

"Block Time" is a focus-management approach that requires "blocking out" significant amounts of time to advance or complete a major project in your life. It requires you to get clear on a major dream and schedule real time to leap towards it. Do you tend to schedule uninterrupted blocks of time to actually work each day, or are you in reaction mode all day? Rate 1-10 then journal here on how you could improve:

#### 50 MINUTE BREAKS

1 2 3 4 5 6 7 8 9 10

Do you take at least one standing break per hour when working or during times you are sitting? Do you move and stretch during that time? How could you take more breaks during each hour and what will you do to remind yourself to do it?

#### 50 MINUTE RENEWALS

1 2 3 4 5 6 7 8 9 10

Do you meditate or take a walk each and every single day on a consistent basis? What practice could you begin to reset your mind toward peace and freedom each day and how will you remind yourself to practice every day?

TOTAL SCORE: \_\_\_\_\_

Add the numbers to get a total score.

Results: If in tallying all of your ratings you didn't end up with a score of at least 40, then it's likely you are feeling too stressed, fatigued or distracted each week. It's time to get serious about setting up more discipline in your life so that you can experience the freedom of peace and mindfulness. Spend some time looking at each area that didn't get at least a score of 8, and ask yourself, "How could I reclaim my day and insert a few more practices of sanity that will help me maintain extraordinary mental, physical and spiritual energy every day? What could I do to help my mind focus more, my body release tension more often, and my spirit sing?"



## HIGH PERFORMANCE ACADEMY'S 1-PAGE PRODUCTIVITY PLANNER

DATE: \_\_\_\_\_

### PROJECTS

Project #1: \_\_\_\_\_

Project #2: \_\_\_\_\_

Project #3: \_\_\_\_\_

5 big things I must do to move this project forward:

5 big things I must do to move this project forward:

5 big things I must do to move this project forward:

1. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

### PEOPLE

People I need to reach out to today.

List the people you have to reach out to today no matter what:

People I'm waiting on.

List the people who you need something from to move forward:

### PRIORITIES

The main things I must complete today, no matter what.

List the priorities and to-dos that must be accomplished today and DO these before getting trapped in your inbox and other people's agendas.