

BOOK CLUB DISCUSSION GUIDE

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My Morning Routine by Benjamin Spall and Michael Xander [Buy on Amazon](#)

Peek behind the curtain and explore how 64 successful people start their day in this fascinating anthology.

QUOTE | p. 1 - "Have you ever looked at successful people and thought to yourself, "What are they doing that I'm not? How can I gain greater control of my life, like they have?"

QUOTE | p. 1 - "The choices we make during the first hour or so of our morning determines whether we have productivity and peace of mind for the rest of the day, or whether it will clobber us over the head."

QUESTION | What does your current morning routine look like?

QUOTE | p. X - "The point we're making in this book is not that there's one right way to start your day. We want you to experiment until you've formed a morning routine that works for you—one that makes you feel awake, alert, physically and mentally healthy, and psyched up to have a great day."

QUESTION | What is one thing that isn't working well with your current routine?

QUOTE | p. 3 - "Your morning routine will and should be adjusted throughout the seasons of your life."

QUESTION | What kind of changes has your morning routine seen over the years?

QUOTE | p. 6 - "Not only can the repetitive nature of a morning routine be comforting, it can function as a reminder to do the things you actually want to do."

QUESTION | What is one thing you dream of having as part of your morning routine?

QUOTE | p. 15 - "I'm less optimistic before I have coffee, so my general rule is not to make any important decisions before I have it."

QUESTION | Is coffee an important part of your morning routine?

QUOTE | p. 18 - "When I'm waking up I like to keep a space for my own thoughts and ideas."

QUESTION | Does your ideal morning routine include any forms of media?

QUOTE | p. 25 - "The most delightful thing I've added to my routine over the past couple of years is that every day while out on my run I try to find a flower to photograph."

QUESTION | Are you interested in including photography in your morning routine?

QUOTE | p. 26 - "For me, the best meditation is to try to be present in every moment, and to open the doors and windows of the mind to let the universe in."

QUESTION | What types of activities are the most meditative for you?

QUOTE | p. 29 - "When the bed is made I feel like my world is clean and orderly and I can focus all my attention on my work."

QUESTION | Do you make your bed every morning?

QUOTE | p. 37 - “We encourage you to create a to-do list the day before and place your most important work at the top—and aside from urgent events that genuinely can’t be helped, to stick to it. Be proactive in the morning instead of reacting to events that are outside of your control.

QUESTION | When do you typically create your tod-do list?

QUOTE | p. 44 - “Context switching is inherently bad for us—every time we switch between doing our work and reading an article online, or reading an article online and checking our phones, we experience a “transaction cost” that drains our energy and slows us down.”

QUESTION | Are you guilty of context switching?

QUOTE | p. 52 - “I hate when people write lists, like “These are the habits of creative people, and if you follow them you’re going to be creative.””

QUESTION | Given your history with the Book Club and our selections, how do you react to this statement?

QUOTE | p. 54 - “What happens if you fail? I try again tomorrow. Don’t get into the habit of thinking it’s all or nothing. Just get back on track immediately.”

QUESTION | Are you more black and white or have you learned to embrace the gray?

QUOTE | p. 106 - “The Hawthorne effect suggests that 1) the novelty value of change in a routine can lead to increased productivity, but 2) the productivity increase is temporary, so 3) it’s good to change things up from time to time.”

QUESTION | Have you ever experienced a change, temporary or permanent, that improved your morning routine?

QUOTE | p. 115 - “To this end, the less you are dependent on extraneous products and apps, the more likely you are to succeed in creating a strong habit.”

QUESTION | Do you currently use apps as part of your morning routine?

QUOTE | p. 120 - “Over the years, I’ve learned that instead of pushing myself to create something, it is more useful to see what I can allow to arise.”

QUESTION | How do you typically find creativity?

QUOTE | p. 131 - “Most of the time we avoid going to bed because we know our main block of leisure time is about to come to an end.”

QUESTION | Do you avoid going to bed? Why?

QUOTE | p. 175 - “Rest is a critical part of hustle. I like to say that in a world that praises busyness, rest is an act of bravery.”

QUESTION | Do you get enough sleep? Is more sleep part of your ideal morning routine?

QUOTE | p. 217 - “For many years, my morning routine was a result of how other people expected me to show up. I was overwhelmed and off-center because I was ignoring the messages my body was sending me.”

QUESTION | What is the next step you will take towards a morning routine that puts you first?

Want to chat about the book?
Join us in the My Simple Scrapper community on
August 29, 2019 at 8:30 p.m. for our discussion.

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