



Michael Hyatt's Brain Trigger Examples

- Program the lights in my office to turn off automatically at 6:00 p.m. so I follow through on my goal of quitting work by 6:00 p.m.
- Ask my assistant to automatically get dinner reservations for me each Friday night at 6:00 p.m. so I follow through on my goal of a weekly date night.
- Set up an automated macro that closes all my open programs and opens only the ones I will need for my quiet time so I follow through on my goal to begin the day with prayer, Bible reading, and reflection.
- Hire a fitness trainer to work with me on strength training so I follow through on my goal to do strength training Monday, Wednesday, and Friday.
- Throw out all processed food from my refrigerator and pantry so I follow through on my goal to eat only clean, whole, organic foods.
- Have my assistant book appointments to interview authors so I follow through on my goal to read one book per week.
- Set up an automatic deposit to my savings account so I follow through on my goal to save a certain amount of money.
- Take my laptop out of the house so I am not tempted to get back on my computer in the evening and follow through on my goal to have more Off Stage time.