



# 5 SIMPLE SUCCESS STRATEGIES FOR PEAK PERFORMANCE

---

Written by Coach Carel



Introduction

#1 Practice Your Strengths Daily

#2 Know Your Targets

#3 The Magic Morning Routine

#4 Tomorrow Starts Tonight

#5 Sleeping For Success

Implementing the Winning Formula

References & Contact information

[Book Your Free Session Now](#)

*"Understanding  
the game of  
life, and  
knowing how to  
play it well"*







## Introduction



Hi. I am Carel.

I am a success and empowerment coach and guide high-achieving individuals to upgrade themselves and the lives they live. My work revolves around topics like mindset, empowerment and success as well as business, strategy, and execution.

I am passionate about business, running, and optimizing the human experience. In the last 20 years, I have built multiple successful businesses from scratch, both online and offline, and have learned a lot along the way.

In this White Paper, I would like to introduce you to 5 simple success strategies for peak performance that I practice daily and that have made a massive difference both in my own life and for many of my clients.

### **Consistency is everything**

As you will see, the structure and concepts are simple - the challenge is in implementing them with consistency. These 5 daily practices are part of a **winning formula that allows you to replicate success every day**. On the next pages, I will guide you through the process of figuring out how to implement these 5 practices in a way that works for YOU, so you can start operating at a peak level.

Now, let's dive in and optimize your life, starting today.





## #1 Practice Your Strengths Daily

Martin Seligman started the **Positive Psychology** movement in the early 2000s with scientific studies designed to help people and communities thrive. Seligman helps people understand the 'game of life' they are playing and teaches them how to play it well. It is all about **being the best version of ourselves by applying our character strengths** at any moment of the day.

The obvious next question is “What are my strengths?” and/or “How can I discover mine?”. At the [Viacharger.org website](https://viacharger.org), you can do a free 20min test that gives you access to your 24 character strengths. They are grouped into six virtues: wisdom, courage, humanity, justice, temperance, and transcendence.

The basic idea is to **apply your top character strengths daily in your personal and professional life** and to manage the bottom 5 effectively. Having a clear awareness of your strengths and weaknesses is a great gift as it allows you to take action and either put them to work or prevent their negative impact.

Visit [ViaCharger.org](https://viacharger.org) and do the test now and learn about your strengths and areas of improvement (stretches).

**My top 5 character strengths are:**

---

---

---

---



My bottom 5 character strengths are:

---

---

---

To amplify my strengths and/or curb my stretches, I commit to:

---

---

---




## #2 Know Your Targets

The key to winning your day and operating at peak performance is to know exactly what you want to accomplish daily. How often have you woken up in the morning with only a vague idea of what is important today? As a consequence, you end up reacting to things that come your way - whether it is a message on your phone, an email, or a phone call - shifting your focus from your own priorities to somebody else's agenda. If you are like me, this has happened to you a million times. **But with just a little bit of structure, attention, focus, and practice you can turn this around and become the master of your day and time.**

To live a good and meaningful life, there are **3 categories we need to take care of: our energy, work, and relationships.** When was the last time you set a daily goal for each of these?



A group of people are standing on a grassy hill at sunset. The sun is low on the horizon, creating a warm, golden glow. The people are silhouetted against the bright sky. One person in the foreground has their arms outstretched, looking towards the horizon. Another person is visible behind them, also looking out. To the left, a woman in a denim jacket is looking towards the group. In the bottom left corner, there is a water bottle and a bag. The overall mood is contemplative and hopeful.

*"How do you  
manage Energy,  
Work, and  
Relationships?"*





They are the main categories we derive fulfillment from, and taking care of all three of them daily will support a balanced, energetic, and happy life - the cornerstone of true and lasting success.

**Energy** is linked to all things we do to manage our energy levels, like exercise, sleeping, and eating well. It is the most important ingredient to operate at peak performance.

**Work** is the category that deals with making money, taking care of business, your professional career, and skill development.

**Relationships** are all about your connection with loved ones like your spouse, parents, children, pets, and friends, as well as colleagues, clients, and professional networks.

**Being very intentional about how you spend your time advancing towards the goals you set for yourself is a key part of the magic winning formula.**

**Being intentional by setting clear priorities.**

The hour before you go to sleep tonight, grab a journal or agenda and write down in detail your single most important priorities with regards to energy, work, and relationships. In my advanced class we tie this into your weekly, monthly, quarterly and annual goals, but let's leave that for now, and note that this is one of the things I work on with my clients in one-on-one sessions.

What you need right now is **clarity about your one goal for energy, work, and relationships for tomorrow** so you can hit the ground running with laser focus.





The idea is to get these things done as early as possible in the day before your time gets consumed by other peoples' requests.

**Pro tip:** Consider your strengths and stretches and see how you can leverage those in accomplishing your daily goals!

What are your number one goals for energy, work, and relationships for tomorrow?

**Energy:**

---

---

---

---

---

**Work:**

---

---

---

---

---

**Relationships:**

---

---

---

---

---



What obstacles might get in the way of accomplishing these goals?

---

---

---

---

What can you do to manage these obstacles?

---

---

---

---

You are now well on your way to peak performance.



## #3 The Magic Morning Routine

A morning routine is essentially a **set of actions you perform in the early morning** before starting your day's main activities like going to work, getting the kids ready for school, or taking care of all the work in and around the house. Those actions can be recurring habits, or one-off activities. So let's get to work and **structure your routine for maximum impact and performance.**

The beauty of the early morning (along with your evening) is that it is the time of the day you likely hold the most control over. No distractions from other people, their agendas, and requests. You have at your disposal a time block that is completely yours, and when taken advantage of allows you to win the day, every day.



*"Consistency  
is everything"*





As I pointed out previously, life's activities can be organized and simplified around three categories; energy, work, and relationships. So let's **develop your personalized morning routine** along these lines.

The components you can think of when it comes to **energy** are self-care, meditation, exercise, keeping a gratitude journal, or simply journaling, just to name a few. Tim Ferriss in his 'Tools of Titans' observes that the majority of his highly successful interviewees either practice meditation or journal as part of their daily routine. Maybe this is teaching us something...

**Work-related** goals for the early morning can be reading, studying, or doing focused work on a complicated topic that requires your full attention.

**Relationship-wise**, you can share gratitude and/or time with people who are near and dear to you. How about spending 30 minutes of quality time outside with your spouse or one of your children and having the early morning light activate your circadian clocks, so you can sleep well in the evening? Once you start thinking about it, you will find a wide range of things that you can do to nurture them in the morning. This will help you feel a greater sense of connection and belonging - one of our most important human needs.



*Did you know that you can't feel depressed and be grateful at the same time and that grateful people tend to be significantly happier in life? To find out more, check out Robert A. Emmons Ph.D., one of the leading scientific researchers on the topic of gratitude in the world.*



So how can we develop a great morning routine? What do you want to integrate? And what do you want to avoid altogether?

First, decide at what **time you want to wake** up every morning.

Second, choose **how much time you are going to set aside** in the morning to work on your most important energy, work, and relationship goals for the day. This gives you a basic framework of daily time slots to fill with activities that are either habitual or most important now to help you win the day.

Third, **gain clarity on what you are not going to do**. Ideally, avoid any third-party input before you have completed your morning routine. This includes anything that demands your time and is not part of your number one goals for energy, work, and relationships like surfing the internet, digging into an email, or being on social media. Be clear that you are not going to do it in the morning and have a plan in place for when you catch yourself doing it anyway. Long story short: remove any distractions!

**At what time do you want to wake up in the morning? (Pro tip: subtract 9 hours to arrive at your bedtime)**

---

---

---

**What are the activities you want to include in your morning routine (choose at least one activity for energy, work, and relationships)?**

For your inspiration: drinking a full glass of water - meditation - exercise (yoga, stretch, foam rolling, etc) - journaling - gratitude practice - studying - doing deep work - taking a cold shower



- listen to a podcast - learn something new, strike a conversation with a stranger - perform a random act of kindness - make your bed - listen to music - take care of your pets, etc.

---

---

---

---

---

---

---

---

---

---

**What are distractions that could prevent you from sticking with your morning routine? What can you do to avoid them?**

---

---

---

---

---

---

---

---

---

---

Now the moment of truth has arrived: Time to start your new routine tomorrow morning at the time you have decided to wake up! Go ahead and set your alarm now...





*"Tomorrow  
starts  
tonight"*





## #4 Tomorrow starts tonight

Out of all the ideas I am sharing with you in this White Paper, this one is the most important practice for peak performance - one simple step to get ahead of the game. If you are like me and have felt the intense frustration of not succeeding at the level you know you could, give this a test drive and **reverse the game of life to your advantage!**

Have you ever felt like having to make up for lost time? Like there's a rock hanging around your neck you can't get rid of? I remember the days when I would procrastinate on important tasks and ended up working late, sometimes deep into the night. I felt constantly drained, lacking rest and therefore the energy to set myself up for success the next day. I couldn't seem to release myself from this negative spiral until I learned about the concept that "tomorrow starts tonight".

### Timing is everything

"Tomorrow starts tonight" is all about controlling the one piece that sets you up for success the next day: **the time you are in bed and switching off the lights.** You could even choose to include the moment you stop working or set a regular dinner time.

What sounds like a big idea is actually a simple trade-off: By going to bed earlier (at a time when your energy resources are depleted anyway), you win precious early morning hours when you are fresh and have a sharp mind. This simple shift will automatically help all the other domino pieces fall perfectly into place. I cannot overemphasize how much of a game-changer this is!



All my coaching clients experience **instant big wins** after implementing an earlier bedtime and from there, a more energetic and intentional start to their day.

### **(Re-)set your clock**

As always, your success depends on how you implement this new insight. In the previous exercise, you have set your daily wake-up time. To arrive at your ideal bedtime, simply subtract 8.5 to 9 hours, as we are normally not sleeping 100% of the time when we are in bed. Aim to get as close as possible to 8 hours of high-quality sleep. According to the latest research, it is also recommended to stop eating two to three hours before you go to bed, so subtract 2 to 3 hours from your new bedtime to arrive at the latest moment in the day for you to have dinner. With these three times defined, your bases are covered.

To truly win your day, there are two more times you should define. The first one is the **shutdown complete** moment, the end of your working day. For me, this is at 5:30 pm, unless I have a client in the early evening. The rest of the day is reserved for quality time with my wife, our daughter, and myself.

The second concept is **digital sunset** - the time in the evening when you stop using electronic devices. I recommend pulling the electronic plug at least one hour before you go to bed. This way, you remove any stimuli from your brain that are known to hijack sleep and interfere with a restful night. The pro-tip here is to not take your phone into your bedroom. Yes I know, this might be a hard nut to crack but give it a go, you will thank me later!

Time to put your evening routine together in the reverse order:

My bedtime is (wake-up time minus 8.5-9 hrs): \_\_\_\_\_





My digital sunset starts at: \_\_\_\_\_

My dinner time ends at (at least 2 hours before your go to bed time): \_\_\_\_\_

My Shut Down complete time (stop working): \_\_\_\_\_

**What is your complete evening routine going to look like, starting from today?**

---

---

---

---

---

---



## #5 Sleeping for success

The last simple practice for peak performance is all about mastering your sleep. Having set up your bedtime as a key element in managing your energy, we will now look at **optimizing your sleep hygiene**. Below, you will find recommendations by Matthew Walker Ph.D., who published his best-selling book “Why We Sleep” in 2017. It contains a rich and detailed description of all aspects of sleep and for those of you interested in the topic in more detail, it is a must-read.

Walker recommends a 12 point implementation plan for mastering your sleep:



*"What does your  
sleep schedule  
look like?"*



1. **Stick to a sleep schedule.** You've got this covered now that you have defined a set evening routine.
2. **Exercise for at least 30 minutes a day** but not later than 2 - 3 hours before bedtime. My recommendation is to exercise in the morning because it's an easy win and releases endorphins (those famous happy hormones) you carry with you for the rest of the day.
3. **Avoid caffeine and nicotine.** The effects of caffeine can take up to 8 hrs to wear off fully. So if you have any, enjoy it in the morning.
4. **Avoid alcoholic drinks before going to bed.** Stop 3-4 hours before going to sleep, as alcohol will reduce the quality of your REM sleep.
5. **Avoid large meals late at night,** as they may cause indigestion. Dieticians also recommend giving your digestive tract a good rest overnight. Drinking too much at night can make you wake up frequently for urination.
6. **Avoid medicines and supplements that delay or disrupt sleep.**
7. **Don't take naps after 3 pm.**
8. **Relax before going to bed.** Read a paper book or listen to music as part of your bedtime ritual. If you are having trouble falling asleep, listen to a Yoga Nidra guided meditation.
9. **Take a hot bath before bed.** The drop in body temperature is likely to help you feel sleepy.



10. Create a dark and cool room (around 18 degrees Celsius/ 65 degrees Fahrenheit).

11. **Have the right sunlight exposure.** Try to get out in daylight for at least 30 minutes a day, ideally first thing in the morning. This helps to regulate daily sleeping patterns by readjusting your circadian clock.

12. **Don't lie in bed awake for too long.** If you find yourself still awake after 20 minutes, get up and do some relaxing activities until you feel sleepy.

If you implement Walker's recommendations, you will have covered all the basics. If you want even more, a great resource of wonderful and free information is the Huberman Lab Podcast by Andrew Huberman, a tenured professor in the Department of Neurobiology at the Stanford University School of Medicine. In episodes 1 to 4, Huberman goes deep into the neuroscience behind sleeping and although things can get quite technical, I am confident that you can pick up some golden nuggets of wisdom.

**Which of the recommendations from the list above are you going to implement in your life today?**

---

---

---

---

---

---

That's it, your 5 simple daily practices for peak performance.







## Implementing the Winning Formula

As a success and empowerment coach, I guide and support my clients in the personalized implementation of the Winning Formula - a comprehensive set of strategies designed to drive results.

The type of coaching you can expect when working with me is 100% science-based and easy to implement. You don't need to be an expert to create remarkable results. What it does require is that you are curious and willing to do the work, because that is something I can't do for you.

If my no-nonsense approach resonates with you and you are someone who loves to do the work, reach out to me via [support@coachcarel.com](mailto:support@coachcarel.com) today, or **book a FREE 60 minutes discovery session** valued at USD 199.

**Book Your Free Session Now**





## References & contact information

- Flourish by Martin E. P. Seligman
- Peak by Anders Ericsson & Robert Pool
- Tools of Titans by Tim Ferriss
- Gratitude Works by Dr. Robert A. Emmons
- 5 AM Club: Own your morning... by Robin Sharma
- Why we sleep by Matthew Walker PhD
- Viacharacter.org Strength Survey
- Huberman Lab Podcast on Neuroscience (episode 2-5 are on sleep)

Coach Carel is part of Silver Cloud Limited  
Room 2/3, 23/F, Multifield Centre  
426 Shanghai Street, Mongkok  
Hong Kong

Email: [support@coachcarel.com](mailto:support@coachcarel.com)

Website: [www.coachcarel.com](http://www.coachcarel.com)

Copyright © 2021 Silver Cloud Ltd.

All rights reserved. No part of this White Paper may be reproduced or used in a manner without the prior written permission of the copyright owner, except for brief quotations for review purpose.

