



Grant yourself something!

50 ways to break your daily routines

Routine is something good. It creates reliable, repeatable results that become better and better through habit and experience. Perfection is achieved, when new aspects can be inserted in the current routine besides continuous improvement.

Sometimes routine cramps to an innovative brake. The broader view becomes difficult. This is the moment, when you should leave routine, in order to dissolve this blocking. Grant yourself something!

You benefit from this break, if:

- **You leave your routine,**
- **Leaving the comfort zone does pain,**
- **You make something unusual,**
- **You let your thoughts flow free.**

The following 50 ways to break your daily routine are only a fraction of the possible activities.

1. Change your screensaver.
2. Answer, „I don't know“, if you do not know.
3. Bake a cake for your employees.
4. Visit an art exhibition of a local artist.
5. Ask a street artist to perform in your lunch break.
6. Book a language course and practice daily for one month.
7. Rotate your day's schedule by 180 degrees - the last one is first and the first one is last.
8. Stay awake one night with your partner.
9. Become an active part in a local social project.
10. Establish with your employees a sculpture for your entrance.
11. Drive for one week a different way to the work.
12. Celebrate a party with the title „Without Cause“.
13. Guide a kindergarten through your company.
14. Delegate control to your children for one day - whenever, wherever, whatever.
15. Go into the next meeting and limit yourself to welcome and farewell.
16. Grant all employees 45 minutes open coaching.
17. Found a music group.
18. Put an enormous cardboard into the coffee corner and put many colored marker alongside.
19. Keep ALL mobile phones for one day.

20. Buy for each employee „The little Prince“ by Antoine St. Exupéry.
http://www.amazon.com/The-Little-Prince-Antoine-Saint-Exup%C3%A9ry/dp/0156012197/ref=sr_1_3?ie=UTF8&qid=1369664353&sr=8-3&keywords=st.+exupery
21. Say „By when?“ for EVERY proposal.
22. Create a picture of your vision and put it in your office easily visible on the wall.
23. Check checklists with your non-dominant hand (e.g. right-hander with the left hand).
24. Invite your family for your lunch break.
25. On one day, walk to the office and back.
26. Sign up with Twitter and tweet once a day.
27. Read a Nobel Prize winner of Literature.
http://en.wikipedia.org/wiki/List_of_Nobel_laureates_in_Literature
28. Make a video about your business.
29. Take a whole day of time and speak with EACH individual employee.
30. Organize a guided tour of the zoo.
31. Park your car in a completely different place.
32. Plant a tree within the range of vision of your office.
33. Place a puzzle with at least 1000 parts in your coffee corner.
34. Frame your favorite record or CD and hang it into your office.
35. Say „and“ instead of „but“.
36. Collect proposals for a work-free workday - the best one receives a holiday to realize the idea.
37. Watch a motion picture with your employees.
38. Donate a city trip to the first person, who does not ask „Why?“.
39. Write and publish an article in the Internet or in a newspaper.
40. Be 15 minutes early at the next meeting.
41. In the next cloudburst, sit into your car and listen to the rain.
42. Walk around the house and find something for your desk.
43. Arrange by yourself the bouquet for your partner.
44. Donate exclusive soap into your lavatory.
45. Do for one day exclusively what you want.
46. Pro-actively take over a routine task of your team.
47. Surprise somebody!
48. Distribute a thin rope with the request to tie it.
49. Select personally a fumigating candle or a fragrance lamp and change for one day the smell in your office.
50. Find something and make the opposite.