

# DAY in the life

## The Inspiration Guru

Jeff Tan, hypnotherapist, counselor, founder / owner of a performance training and life coaching company and lifestyle studio shows us how to balance our *qi*

### Morning Ritual

**5:15am** I stumble out of bed and steal a glass of water from my wife's bedside table, but as usual, it's empty. Head out to the balcony to start my daily five minute morning ritual of breathe-read-reflect.

**5:20** I start two delightful minutes of deep breathing in the crisp and cool morning air. Lovely!

**5:22** Head back in for my two-minute read and gobble up some thoughts from a book written "for

the talented and timid to make the unthinkable thinkable and the impossible possible." Really inspirational stuff!

**5:24** I spend the last minute of my five minute ritual scribbling my thoughts on how to market my two companies with more "oomph." I love my five minute ritual as it's a mental and emotional warm-up for the rest of my day.

**5:30** I have breakfast while reading the Singaporean newspapers online. I miss reading real newspapers, even the ads, classifieds and obituaries.

### Early Work

**5:40** Dive into work. This is my most productive time of the day and I get two solid hours of creative and high quality work in before the world gets up.

**7:30** Squeeze in time to work on my book. I reckon if I write for five minutes a day, I'll be done in a jiffy!

### Daddy Time

**7:45** Wake up my 14-year-old, Sarah, who grunts at me. Grunting is a teen's way of saying "I love you, dad." Then I go wake up my 11-year-old, Hannah, who unconsciously mumbles, "five more minutes, please." This is her way of saying "I love you, dad."

**8:20** Kids head off to school, and as always, I shout to them, "get educated!" This is my weird way of reminding them to study hard as their school fees are a little high, to say the least.

### Ch'i Life Studio

**8:40** My wife and I head off to Ch'i Life Studio (my lifestyle studio where we teach Shaolin martial arts) and wait for the energetic expat moms who come for kickboxing. I'm amazed at how hard these

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women kick and punch!

**10:00** My wife and I join our clients for wushu. I really enjoy stretching (ouch!), spinning, punching and kicking as I imagine I'm Bruce Lee. Even though I've practiced wushu for three years, I'm still in absolute awe whenever I see our Shaolin masters practice.

**11:00** Say bye to my wife (the brains behind the success of Ch'i) and head off for a lunch meeting on The Bund. Take the usual combo taxi-subway ride and pray I don't arrive incredibly late or ridiculously early.

### Lunch Meeting

**11:35** No traffic jam and I arrive way too early for lunch. Explain to a potential client what our PhotoReading workshop is all about and how it helps us read 1,000 times faster, and with better understanding, retention and recall. He's convinced and signs up.

### Back to Work

**2:30pm** Get into my REV city office and go into "friendliest inquisitor in the world" mode to find out what's happened that morning. Delighted to know we're overbooked for our weekend's "Your Best You Personal Development" workshop. Nice "problem" to resolve!

**3:00** My 3pm comes for her hypnotherapy session. It's a joy guiding people on a journey in their minds to unshackle their mental chains.

**4:00** Dash out to meet a corporate client who's intrigued by REV's personal development courses and, as

always, talking to these movers and shakers fires me up. Everyone has pearls of wisdom to share and I'm given a great tip: "slow down to speed up." Nice! Will blog this.

**6:00** Back at the office and find every-

thing's in order for the weekend's workshop. The joys of having a self-directed team.

**7:00** Graduates of our five-day NLP Personal Transformation workshop stream in for our monthly dinner gathering. We share a stimulating and insightful discussion on what's worked well in our lives since we last met and what didn't work so well. Nice to find many using the language patterns previously learned to ask quality questions that get to the crux of any situation.

### Home Sweet Home

**10:00** Arrive home to find the whole family, cat and dog included, watching a re-run of *The Office* (U.S. version). We all love the sometimes understated and sometimes over-the-top humor of Michael, Jim, Dwight and the rest.

**10:30** Tuck the young ones in and check email. As usual, there's a mountain to respond to, but I'll wait till morning when my brain is alive. Why struggle for several hours now when it'll take just one hour in the morning?

**11:00** Hit the sack! Lights out.

### What we think...

Jeff Tan seems to zoom through his productive day in a cheerful and optimistic whirl of energy. Maybe there's something to a (seriously) early morning ritual to kick off the day. Tell Jeff what you think of his day at [www.cityweekend.com.cn/dayinthelifeSH](http://www.cityweekend.com.cn/dayinthelifeSH)



Jeff Tan strikes a fighting pose