



CEO Hacks: 9 Bosses Share Their Best and Worst Habits for Success

The daily rituals that help and hinder their productivity—and tips for making habits that stick.

By Brianna Steinhilber

We all have those habits that we attribute to much of our success. Maybe it's setting your alarm nice and early to get your workout in, journaling to de-stress, a certain method of organizing your to-do list, or a productive way of passing time on your commute.

And of course, there are the not-so-great habits, too—like watching Netflix while we try to get some freelance work done, or scrolling through Instagram in bed when we should be asleep—that hinder our productivity.

Just like we can't resist peering inside the medicine cabinet in other people's bathroom, there's a draw to peeling back the daily schedules of successful CEO's and seeing what habits they build their resounding success upon (and what bad habits even they are still battling to break).

So we did just that. Nine CEO's shared with us their best habits for boosting productivity, the worst habits they're trying to break, and their tips for forming new habits that stick.

Dr. Gabrielle Francis, in practice as THE HERBAN ALCHEMIST, and operator of BACKSTAGE ALTERNATIVE, a natural medicine road show

Best habit: I wake up every morning and have a superfood Detox smoothie that has protein powder for liver health, gut repair, probiotic, flax oil, greens, reds and fiber. Drinking this every morning gives me tremendous energy and vitality. I believe that it starts my day with something very healthy and nutritious and it sets me off to be healthy for the rest of the day. I believe that it is the elixir of youth and has many anti-aging properties.

Worst habit: I can be caught up in limited and negative thinking some times. I have a trick for how I have turned this habit around ...

Tip: It is called Second Thoughts and was taught to me by my late cousin and dearest friend, Jeff Pete. We don't have control over our first thoughts. They are often negative thoughts that are programmed from society and our families. They contribute to our negative emotions. We do have control over our second thoughts and our reactions to them. So I make a list of the current negative thoughts that are on my mind and I make a positive affirmation for the new thought that I want to have. When I realize that I have been on a chain of negative thoughts, I pull out the positive affirmation and start to say that over and over. Often I don't really believe the new thought. But after a few days of repeating it, the new thought becomes my new belief. I have literally rewired my beliefs doing this one thought at a time. It is a continual work in progress. I have been doing this for years!