

Check Your Edge Method 4: Mix It Up

Variety is the spice of life, so be intentional about seasoning yours. This method is all about disrupting your daily patterns to intentionally inject novelty into your routine and help stimulate your brain.

How to mix it up:

STEP 1: Choose a daily habit where you're almost on autopilot, for instance:

- Brushing your teeth
- Checking email
- Your commute to work
- What you eat for breakfast or cook for dinner
- Scheduling work meetings
- Your television show selection

STEP 2: Deliberately change something about your routine, for instance:

- Brush with your other hand, or floss first.
- Read 10 emails before answering any, or vary whether you check email first or tackle a challenging task first.
- Take a different route to work, or ride your bike.
- Change what or when you eat, or try a different venue such as eating outdoors.
- Limit meetings to 20 minutes or take a walk while talking.
- Try a different form of entertainment, such as solving a puzzle or playing cards.



STEP 3: Continue to experiment with doing at least one new thing every week. And don't limit yourself to things for yourself. Try injecting some surprise into others' lives through spontaneous outreach and interaction.

STEP 4: A variation on this method could be to have your entire team try something new, either choosing the same daily individual habit (e.g., everyone decides to vary their commute to work) or choosing a shared team habit (e.g., the team always meets in a particular team room or always orders lunch from the same place).

Visit [Breakthrough Manifesto.com](https://www.breakthroughmanifesto.com)

