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**Review - The Three Alarms**

We were all made for greatness. But so many of us end up chasing the wrong thing in life. We focus on work over family, and success over significance. And when our lives come to an end, we are filled with regret. What if the secret to living a meaningful and fulfilled life wasn't as hard as it sounds? What if you didn't have to sacrifice success to be present to your loved ones?

What if you didn't have to sacrifice your health to achieve success?

## Assessment and Analysis of The Three Alarms

### Introduction and Overview -

The Three Alarms by Eric Partaker was a fantastic book that was extremely easy to read. Although the book is only ~ 120 pages, this does not retract at all from the content or quality, I personally liked the fast read. Partaker does not add unnecessary verbiage to extend the page count and almost every page had good, actionable tips to go by. The book is predicated on the philosophy that there are three major areas of life—satisfy all three and you will live a life of contentment. These three areas are health, wealth, and relationships, with each of these areas being important in its own right, but it is the balance of the three that contributes to an ideal being. My favorite thing about the book was the amount of small and actionable tips he gives throughout that apply to anyone's life. These tips may take only 30 seconds a day, but the impact of them can be immense. Partaker stresses the power of intentionality throughout the book, citing how being deliberate in your actions can be instrumental in unlocking new insights and staying consistent. Being a coach himself and learning from many other coaches allows Partaker to pull from a variety of realms when giving advice, sharing knowledge, or even disseminating information. It is this bank of knowledge that crafts such a holistically excellent book.

### My Likes

- 1. Short and to the point** - not much fluff included and lots of tips
- 2. No stress of his own beliefs or opinions** - He stuck to giving advice without interjecting much emotion, and objective tips in line with his life philosophy

3. **The overall system** - Personally enjoyed his overall system, not over-emphasizing any part of it, but stressing the importance of balance and moderation
4. **Relevant personal experience** - Partaker has vast relevant and raw personal experience he pulls from throughout the book(almost dying, his wife telling him she was going to leave). Having these personal experiences allows Partaker to speak from experience.
5. **Consistency Wins** - A common theme emphasized is small common wins are much better than big rare wins. I like this philosophy, and not advocating for “home runs”
6. **Variety in important concepts** - Health, Wealth, and Relationships are all different with little overlap. Refreshing to read what felt like 3 separate books, not a productivity mantra.
7. **Personability** - The tone throughout the book is inviting and relaxing. Does not feel like a CEO, but more like a charismatic psychologist.

### My Dislikes

1. **A bit too much “I”** - With all the personal relevant experiences Partaker pulls from, I felt it got concentrated in his life/ story at times, rather than tying into the bigger picture. He always related it back, with occasional lengthy anecdotes.
2. **Not enough emphasis on mental well-being** - Partaker does highlight numerous times the value of being mindful and generally the book is about knowing/ connecting with yourself. However, I think a bigger emphasis needs to be placed on relationships with the self. Seemed like almost everything was for an external goal even if it was self-improvement.

- 3. Identity shifting** - Partaker describes how being able to seamlessly shift identities from one goal to the next can allow you to be in a good mental framework to accomplish goals. I heavily agree with this and I think that developing a persona of who you want to be and trying to emulate that persona can be instrumental in reaching goals. However, I think Partaker needs to highlight the potential risk of assigning multiple identities to yourself. I think that this could potentially lead to dissociation and other disorders, although the concept itself is sound.

### **Actionable Tips and Notes I Took Away**

**1. Self-Talk, how you use language with yourself, stay away from language of oppression - Page 19**

- a. Partaker highlights how one of the most important ideas he was taught was how you talk to yourself. Using language like “I have to” or “I must” when trying to stop procrastinating will only increase the urge to procrastinate. Using language of choice(i.e. “I choose to”) will contribute to a healthier mindset when tackling problems and tasks.

**2. Progress over perfection - Page 24**

- a. This is one of the keystones of the book. Prioritizing consistent improvement and staying away from aiming for one hundred percent will contribute to greater longevity for any idea/ action.

**3. Stepping into an identity - Page 34**

- a. This is the first time we are introduced to the three alarms system and Partaker emphasizes how with each alarm “stepping into the identity” can be crucial for improving results. This also goes back to intentionality and reminding of goals and “who you want to be”
- 4. Every day, pick one task within the three domains to accomplish - Page 44**
- a. Writing down one thing in each domain(Champion proof) to prove improvement every day is a simple, but great idea. I like how Partaker does not advocate for 10 or 20 things, but simply one. Small and consistent wins through being intentional.
- 5. Define what “Best” means to you + morning visualization - Page 46**
- a. Defining what “best” looks like, and being intentional about stepping into this perception is a trait of peak performers. Using visualization, I prefer in the morning, to see exactly what this means and how it plays out in your life helps to anticipate problems and generate solutions in advance.
- 6. Calendar marking “Winning” and “Losing” days - Page. 49**
- a. The way to win is to string together as many “winning days” as possible, sticking with the theme of consistency. Simply use a calendar, at the end of the day highlight green for win and red for loss. If you have a specific goal in mind you can use an X. For example, if I want to run a marathon, I would put an X on every day I train or get closer to my goal. That that gets measured, gets improved.
- 7. Picking three things to accomplish the day before- Page 50**

- a. Very similar to point #4, however, emphasize doing this the day or night before, then in your morning visualization, point #5, you can see what you want your day to look like

**8. The digital sunset - Page 50**

- a. One of the most important lessons of the entire book. One hour before bed set an alarm to stop viewing screens. Partaker cites that static devices can reduce melatonin in sleep by up to 50 percent! Personally, one of the hardest things on the list for me to do.

**9. Incorporate being mindful into your morning routine - Page 51**

- a. Developing a routine is a game changer for being more productive, especially in the morning. I like to start with quick journaling, like Partaker, setting objectives and writing about my emotions helps set up my mental framework to tackle the day.

**10. 80/20 rule - Page 58**

- a. Just like the law of diminishing returns, you can get 80 percent of the result with 20 percent effort. Progress not perfection, still thoroughly complete the task, but have the discipline to transition once only marginal gains can be made.

**11. The power of the pause - Page 62**

- a. THE MOST IMPORTANT THING IN THE BOOK. In my opinion, this is the most important piece of advice Partaker gives throughout the book. Acting on the

direction of rationale as opposed to emotion is critical in every facet of life, but especially in creating and maintaining sustainable relationships. Inserting a pause in times of heightened emotions is extremely effective for acting rationally.

**12. “Freedom lies between the space of stimulus and response”- Page 63**

- a. In a very similar vein to the last point, I believe the success of the human race can be attributed to this point. The ability to resist “primal” or emotional urges is critical to not only staying alive but finding ground for intellectual improvement.

**13. Make weekly and quarterly reports, logging events, successes, and failures - Page 67**

- a. Measuring and getting data not on different scales can be very helpful when evaluating performance. If you feel like you’re winning every day, but your quarterly report is sub par this could give lots of insight on goals, what a quarterly “win” looks like , and even what a daily “win” should look like. Goals should also be set the week prior

**14. Personal action item - make one of my daily alarms reading - Page 70**

- a. No matter what I am doing, or if I have already read that day, I want one of my daily alarms to be a sign to read.(Falls under wealth)

**15. Imagine the most courageous version of you standing next to you during a difficult or nerve-racking time - Page 76**

- a. Call on this version of you for advice when in a difficult or stressful situation. Doing this can give a sense of detachment from the issue, allowing for a more productive lens/perspective when trying to generate solutions.

**16. Reserve time to think about the future - Page 84**

- a. I enjoy how Partaker stays very consistent with his overall messaging and this is another sign. Sticking with the theme of intentionality, being deliberate about setting aside time to set goals and think about what you want your future to look like is crucial to long-term success.

**17. Perform Post - Mortems at the end of each day - Page 86**

- a. A post-mortem is simply an account of what happened in the day. Doing this can bring to your attention where exactly time is going in your day and whether or not you are hitting your goals/ objectives. Simple, but effective

**18. Personally - Do a better job of preparing myself for the morning the night before**

- a. I feel that this can be huge for me to increase morning productivity. Laying out clothes and taking 2 minutes to set up your morning might save 5x that amount if I were to wait.

**19. 4 simple questions to set up daily alarms - Page 115**

- a. For what time will you set this alarm?
- b. What will you name it to represent you at your best
- c. When this alarm goes off, what are you likely doing
- d. What decisions will you make?