

# How To Plan Your Day

## Morning



- Do stretches & workout
- Meditate
- Check your to-do-list
- Have a healthy breakfast
- Have a Shower
- Start your work

## Afternoon



- Do important work first
- Take a lunch break
- Finish your main work
- Go for an afternoon run
- Cool off and relax

## Evening



- Have a healthy dinner
- Work on side hustles
- Finish to-do-list
- Read
- Plan your next day
- Do evening stretches
- Reflect on your day
- Read over your life goals
- Go to sleep

# Best Way To Plan Your Day

**M Lipman**



**Best Way To Plan Your Day:**

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