


# LIFE ROUTINES



#1

Start your day with a glass of water

#2

Eat some vegetables in every meal

#3

Exercise a little bit every day

#4

Don't sit for too long

#5


Stay away from screens when you are in bedroom



Health



# LIFE ROUTINES



#1

Work on one task at a time  
without distractions



#2

Organize your schedule

#3

Check your emails on  
specific time intervals only



Career





#4

Do not tolerate bad behaviours

#5

Always be kind and polite to the  
people you work with



# LIFE ROUTINES



#1 Keep a record of your expenses

#2 Make a budget and stick to it

#3 Schedule your payments

Finance



#4 Prioritize your needs



#5 Pay off your debts.

# LIFE ROUTINES



#1 Contact with people you love

#2 Make gifts (for no reason)

#3 Start journaling your feelings

Relationships



#4 Be honest with yourself and those you love



#5 Enjoy your relationships