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and motivate you to do more.

Stop the distractions, get
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Creating a daily routine
seems daunting at first, but
you will soon reap the
rewards when your
productivity soars, morning
meltdowns are reduced, and
you find you actually have
pockets of free time
throughout the day or week.
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practicing number formation
in Kindergarten can be a
daunting task. If you've
never had 20+ five-year old
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you may not fully comprehend
that statement. If you are
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Then, let's get to the ideal
daily routine formula. What

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There are some specific
habits that are best
implemented at specific
times of the day. Some
practices work best in the
early hours of the day,
while other things should be
avoided in the evening when
it's time to relax and let
go of what happened earlier
in the day. Keep in mind
that how you end the day is
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THE VERDICT. Having daily routines is essential in life and beneficial – to a point. Routines can help you study better, work more efficiently, and have greater control over your life.

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practice. That seems
obvious, but it's a little

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more complicated than that.
Practice for mastery
requires not just Naive
Practice (repeating what you
already over and over), or
Purposeful Practice (with
well defined goals, focus,
and regularly pushing past
your comfort zone). To truly
...

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productive, happy and
healthy everyday, a morning
ritual will make that
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To Be Even More Productive

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Knowing for sure that even
in the daily craziness that

bombards us from every

direction, there is – still

– the constancy of

stillness. Only from that

space can you create your

best work and your best

life.” Tony Robbins calls

his empowering morning

ritual his "Hour Of Power",

but sometimes will do "30

Minutes To Thrive" or at

least "15 Minutes For

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