

Day 2 Exercise: Improving Your Routines

There's always room to improve your routines. Whether it be making them more productive, or more time-efficient, we can help you to identify the areas to improve in them and which of the tips from Lesson 2 from the famous routines can help you. By the end of this mini course, your routines will be the best they can possibly be.

Step 1: In Lesson 2, you learned about how Steve Jobs would ask himself a question in the mirror everyday. What kind of questions could you ask yourself everyday that you think would help you to become more succesful? List some below.

- Question 1:
- Question 2:
- Question 3:

Step 2: Beethoven went on a walk everyday to inspire himself and get exercise. What do you think you could add into your daily routine to achieve multiple purposes like Beethoven did? How could adding something new in help you?

Brainstorm Your Ideas Here:

Step 3: A lot of people don't have balance in their day to day life. They either always work, or never work. You should strive to always have balance in your routine. Down below, list three things that are work related that you could do everyday, and then three things that you could do for pleasure everyday.

- Work related activity 1:
- Work related activity 2:
- Work related activity 3:
- Fun related activity 1:
- Fun related activity 2:
- Fun related activity 3: