I try to do **5 THINGS** on a daily basis in order to save my days from Procrastination, Laziness and overall screwing around.

And If these were the only thing I did that day,

I would consider that day a 'Success'.

1. **MORNING RITUAL**

Doing something small at the start of each
Morning to set myself up for the day.

Way less depressing than hoping onto the
internet first thing.

2. MOVE

I make sure I get some in form of movement or exercise. This checks the box in terms of my health and makes me feel good at the end of it.

15 - 30 mins does it for me.

3. DEEP WORK

Instead of trying to do everything and miserablly fail at it,
I pick out ONE THING that I want to accomplish that day.

Block out 1-2hrs and....

MAKE PROGRESS.

4. DONT EAT CRAP

This is the hardest one of all. But Eating the right things, drinking more water and getting in 2 or 3 servings of fruits and veggies does it for me.

The less crap I eat, the more energy I have and the better my work is.

5. 3 GOOD THINGS

At the end of each day, writing out 3 good things that happend that day helps me (as cliche as it sounds) appreciate the day.

I try to do this even my days turn out extremelly bad.
The idea is to train myself to look for oppurtunities even in the worst circumstances and instead of just trying to be 'positive' .

Even If I waste the rest of my day binge watching netflix,
Id be satisfied knowing that Ive made *progress* for that day,
If I had done these 5 things.

Share this with a creative person,
if you've found this useful.