**Day In the Life, My Experience**

**with MS Word Processor**

**Introduction:**

Today, I used Microsoft Word to write about my typical day. I made the text look nice by changing the font and aligning it properly. I also used bullet points and numbers to organize my tasks.

I started the day with a good breakfast, choosing from options like breakfast burritos or eggs, bacon, and potatoes. I made sure to get enough protein, fats, and carbs to keep me energized. After breakfast, I exercised and stayed hydrated. I went to the gym, did my workout, and treated myself to a sauna and cold plunge. I had a nutrition shake to help my body recover. Back at home, I organized my day using Google Calendars. I worked on proposals and research, making sure my tasks aligned with my future goals. I also studied and improved my skills for work.

For lunch, I had options like sandwiches or fish. I focused on getting enough protein, fats, and carbs to stay healthy. When I arrived home for the evening, I learned new things related to my career and came up with ideas for side projects. I worked on my school assignments. I read a chapter or completed my assignment for the day. I also spent time with family, planning a weekend trip and cooking a special meal together.

At dinner, I made sure to have a balanced meal with protein, fats, and carbs. I drank water to stay hydrated. Before ending the day, I checked my schedule, to-do lists, and emails to prepare for the next day. I made sure everything was in line with my long-term goals.

Looking back, using Microsoft Word made it easy to write about my day. It was a satisfying day filled with exercise, work, family time, and personal growth.

***Morning***

1. Breakfast
2. Ready kids for school

Breakfast

❓Options:

* Water
* Breakfast Burritos
* Eggs, Bacon, Potato's
* Orange Juice
* Vitamins

❗Goals:

1. +25g Protein
2. +25g Fats
3. +50g Carbs

***Exercise***

1. Drink Water
2. Take Vitamins
3. Ready Gym bag
4. Take pre-workout nutrition shake
5. Drive to gym
6. Warmup
7. Exercises for the day
8. Stretch
9. Sauna and cold plunge
10. Take post-workout nutrition shake

***Schedule***

1. Drink Water
2. Check daily schedule
3. Check to-do lists
4. Check Email
5. Daily Tasks Realign with Future Goals (Google Calendars)

***Work***

1. Drink Water
2. Study Scope of Work
3. Research Solutions
4. Propose Solution
5. Revise Solution
6. Execute Solution
7. Present Solution

***Lunch***

❓Options:

* Water
* Meal Prep
* Sandwiches
* Fish

❗Goals:

1. +25g Protein
2. +25g Fats
3. +50g Carbs

***Career***

1. Drink Water

Projects:

1. Study new Software Development techniques
2. Work on reskilling towards Tech demands
3. Work on side hustle ideas
4. Think and process through Journaled Ideas

To-do:

1. Work on certifications
2. Network on social media
3. Attend Meetup group/community meetups

***School***

1. Drink Water

⭐1 Item each day (~~Sunday~~)

1. Read A chapter
2. Complete 1 Assignment

***Family***

1. Drink Water
2. Weekend trip
3. Weekend cheat meal
4. Cook new meal with spouse
5. Kids Activities
6. Vacation Planning
7. New Quality Idea

***Dinner***

❓Options:

❗Goals:

1. Water
2. +25g Protein
3. +25g Fats
4. +50g Carbs

***Plan Next Day***

1. Check daily schedule
2. Check to-do lists
3. Check Email
4. Daily Tasks Realign with Future Goals (Google Calendars)