**Routine of the Software engineer**

A software engineer's day starts at 5am by taking a cold bath and then brushes his teeth, has an energy drink and finishes pending tasks.

At 6:30 he goes to the gym because he needs to update his body before updating his mind. Come back at 7:30 to take a hot shower and have breakfast to prepare your day and start working.

At the end of the day it is important to clear your mind and reflect to have a good night.

**Three relevant aspects of the video**

1. It is necessary to update your body before updating your mind.
2. it is important to organize a routine to have an efficient day.
3. To be a professional, apart from knowledge, you need a lot of will and order.

**Opinión about the video**

I would like to have a routine like that, because it maintains an order and puts in first place to exercise the mind, but without leaving aside the physical part, to be able to work and think well.