

# **5 Stoic Habits For Productivity**



# **1. TAKE CARE OF YOUR TIME**

**How you can apply it:**

- Block out your day in a schedule.
- Stop feeling obligated to say "yes" to everyone.



## **2. PRACTICE MINIMALISM**

**How you can apply it:**

- Donate clothing you don't wear
- Do a "minimalism challenge"
- Audit your spending habits



### **3. WALK MORE FREQUENTLY**

**How you can apply it:**

- Schedule walks to refresh your mind.
- Get out in the sun as early as you can each day.



# **4. PRACTICE SOLITUDE**

**How you can apply it:**

- Daily mindfulness practice
- Schedule time away from social media
- Eliminate distractions while working



# **5. READ AS MUCH AS YOU CAN**

**How you can apply it:**

- Start a morning/night reading habit
- Listen to audiobooks
- Invest in a Kindle

