

SPARTAN DAY GUIDE

1. Early Rising

- Goal: Start the day early to maximize productivity.
- Example: Wake up at 5:00 AM to begin with a morning routine.

2. Minimalist Morning Routine

- Goal: Begin your day with a simple and effective routine.
- Example: Short meditation, light stretching, and a nutritious breakfast.

3. Disciplined Work Phases

- Goal: Work in focused intervals to enhance productivity.
- Example: Use 90-minute work blocks with short breaks in between.

4. Simple, Healthy Nutrition

- Goal: Maintain a balanced diet with straightforward, nutritious meals.
- Example: Eat grilled vegetables, lean protein, and whole grains.

5. Physical Activity

- Goal: Incorporate regular exercise into your daily routine.
- Example: Engage in a mix of strength training and cardiovascular exercise.

6. Helping Others

- Duration: Spend 30 minutes to 1 hour daily assisting others.
- Timing: Schedule this in the afternoon or early evening.

7. Calm Evening and Bedtime

- Ideal Time: Go to bed around 8:00 PM to 10:00 PM.
- Routine: Wind down 1 hour before sleep with relaxing activities like reading or meditating



YOU DON'T HAVE TIME TO WASTE