

**Do These 5**

**Things After**

**7PM and Your**

**Life Will Never**

**Be The Same:**

*written by Colby Kultgen*

**“The best morning routine **starts the night before.**”**

—Ben Meer

# **1. Disconnect**

Imagine trying to **park a car that's going 70MPH.**

That's essentially what you're doing when you hammer your brain with work/TikTok videos until the moment before bed.

**Toss your phone.**

**Get off the computer.**

**Slow down the car.**

## **2. Reflect**

Answer these **3 simple questions:**

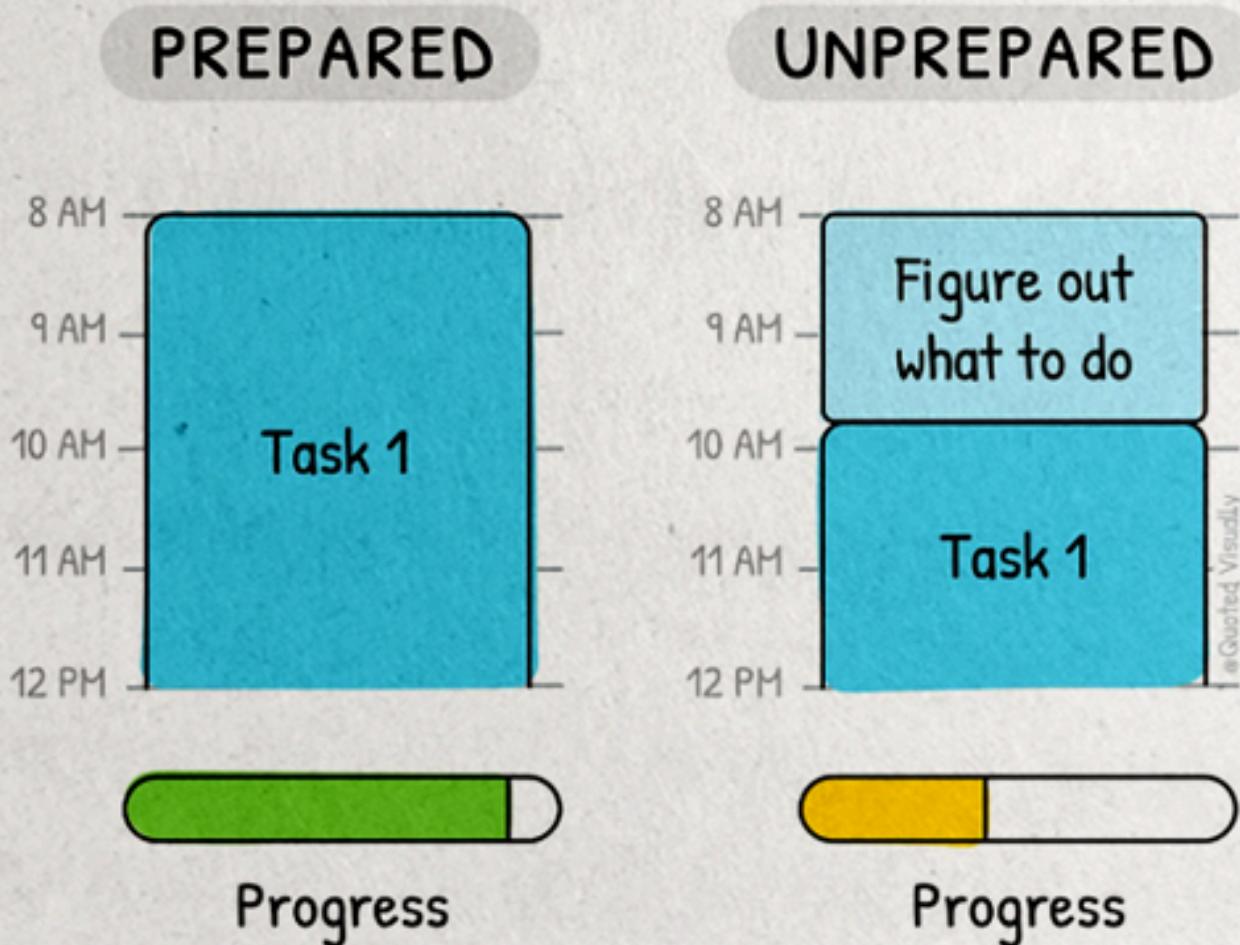
1. What happened today that I'm grateful for?
2. Which actions moved me towards my goals?
3. Are there any changes I can make?

I love these questions because they strike a nice balance between gratitude and self-improvement.

### 3. Plan for tomorrow

Prime yourself for success.

The simple act of writing down your 3 biggest to-do list items **the night before** will allow you to hit the ground running each morning.



Credit: @quotedvisually

## **4. Breathe (seriously)**

You take 20,000 breaths per day.

Might as well make a few of them count.

Try out **The 4-4-4-4 Technique** used by Navy SEALS to reduce stress and fall asleep quickly:

Breathe in through your nose for 4 seconds, hold for 4 seconds, slowly exhale for 4 seconds, and hold for 4 seconds. Repeat for 4 cycles.

## 5. Read

No exaggeration, swapping out my phone for a Kindle at night solved 90% of my sleep problems.

If you find non-fiction too stimulating—try fiction.

My personal favorite is the *Game of Thrones* series.

