

**Do These 5
Things After
7PM and Your
Life Will Never
Be The Same:**

1. 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 balance between gratitude and self-improvement.

2. 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 and TikTok videos until the moment you go to bed.

Toss your phone.

Get off the computer.

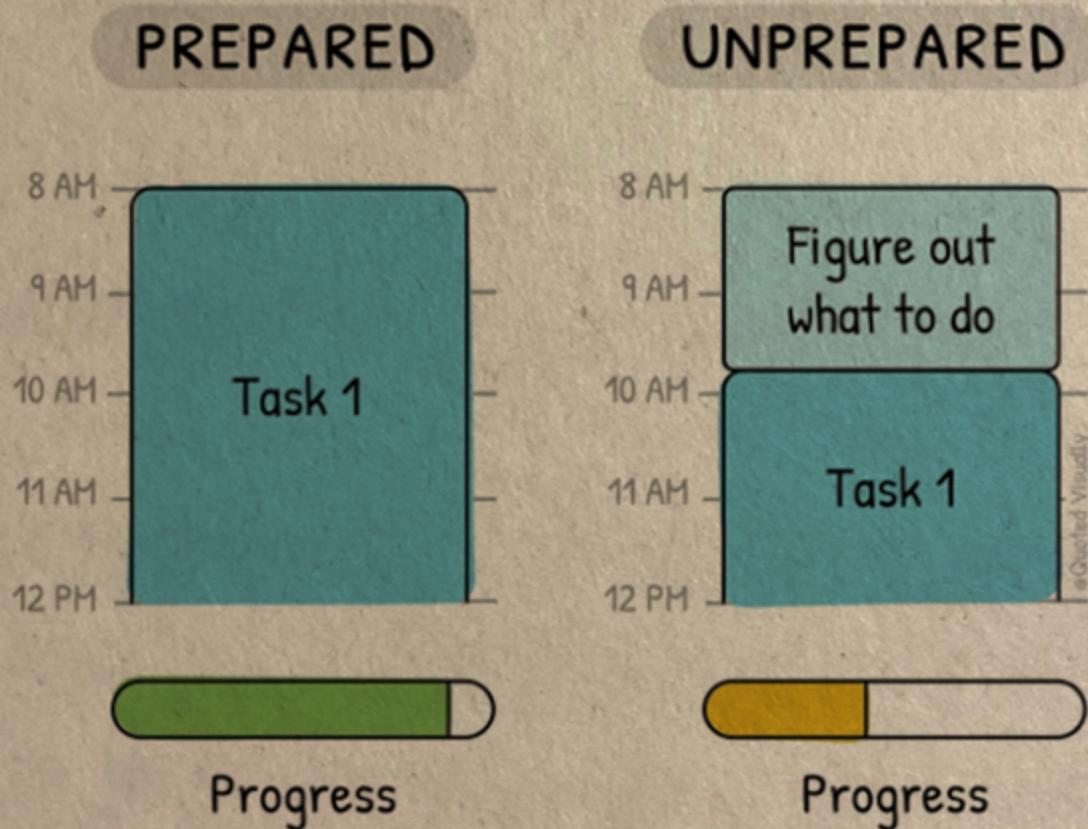
Let the car slow down.

3. Plan for tomorrow

A productive day starts the night before.

The simple act of writing down your 3 biggest to-do list items can create massive momentum for the day ahead.

(h/t: @quotedvisually)



4. Breathe

You take 20,000 breaths per day.

Might as well make a few of them count.

Try the 4-7-8 Technique:

Breathe in through your nose for 4 seconds, hold for 7 seconds, and slowly exhale for 8 seconds.

One of the best ways to kill stress before bed.

5. Read

Reading is the best way I've found to slow down my mind before bed.

If non-fiction is too stimulating—try fiction.
(I'm reading the *Game of Thrones* series now)

It can be a big adjustment at first.
But it's one of the best habits you'll ever built.

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4. Breathe
5. Read