



Ben Meer

@SystemSunday

The best morning routine?

Starts the night before.

9 evening habits that make all
the difference 📝

7:27 AM · Nov 15, 2022 · Twitter Web App

5.7k Likes **1.1k** Retweets **128** Replies



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1. Write down tomorrow's 3:3:3 plan

- 3 hours on your most important project
- 3 shorter tasks
- 3 maintenance activities

Defining a "productive day" is crucial.

Or else you'll never be at peace (even with excellent output).

Learn more here:



Ben Meer @SystemSunday · Aug 1

How to be 5x more productive.

A best-selling author's 3-3-3 Method:

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579 Likes **66** Retweets **3** Replies



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2. End the workday with a shutdown ritual

Create a short shutdown ritual (hat-tip to Cal Newport). Close your laptop, plug in the charger, spend 2 minutes tidying your desk. Then say, "shutdown."

Separating your life and work is key.

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386 Likes **27** Retweets **2** Replies



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3. Journal 1 beautiful life moment

Delicious tacos, presentation you crushed, a moment of inner peace. Write it down.

Gratitude programs a mindset of abundance.

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4. Lay out clothes

Get exercise clothes ready for tomorrow. Upon waking up, jump rope for 2 mins. It will activate your mind + body.

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188 Likes **9** Retweets **1** Reply



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5. Pack healthy snacks

People are the worst version of themselves when they're hungry. So fix that; pack healthy snacks for tomorrow.

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178 Likes **13** Retweets **1** Reply



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6. Charge your phone outside of reach

The morning alarm will spring you out of bed. And the day is on.

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148 Likes **8** Retweets **3** Replies



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7. Do the dishes

Dirty dishes spill over into other areas of your life + mindset. Bill Gates says dishes are core to his evening routine. It will calm your mind, too.

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199 Likes **11** Retweets **4** Replies



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8. Practice 4-7-8 breathing

Recently, I wrote a popular thread on the 4-7-8 Method.

The breathing technique will help you alleviate stress and fall asleep fast

(Going to bed at the same time every night also helps).

Check it out here:



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How to fall asleep quickly.

The 4-7-8 Method (backed by science):

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134 Likes **15** Retweets **1** Reply



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9. Give your mind an overnight task

Upon closing your eyes, give your mind a job. "How might I make an extra \$1k each month?"

Don't try to solve it then; just release it to your subconscious (which will work on it overnight).

Credit: LinkedIn founder, Reid Hoffman

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245 Likes **12** Retweets **5** Replies



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TL;DR Evening Habits

Write tomorrow's 3:3:3 plan
End workday w/ shutdown ritual
Journal 1 beautiful life moment
Lay out clothes for tomorrow
Pack healthy snacks
Do the dishes
Charge your phone outside of reach
Practice 4-7-8 breathing
Give your mind an overnight task

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306 Likes **36** Retweets **3** Replies



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The all-or-nothing mentality
often leads to nothing at all.

Today, start small.

Pick 2-3 tiny habits from the list.

Then stack more.

Your tiny habits will compound
into big results.

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99 Likes **3** Retweets **2** Replies