

5 Days Challenge – Ye bhi nahi kar sakte toh fir kya hi karoge Jivan me!

Note: Plan according to your choice, but make sure to stick to it. If you find it difficult to stick to the plan, adjust it slightly but continue to follow it.

Note: If you are not committed to any other daily routine and you truly want to transform your life because it feels like you're constantly being given tasks by others who assume you're not busy with something important, then take on this challenge. Otherwise, move on to the next challenge and update your discipline by making the necessary improvements.

Plan Your Day

Morning Routine

1. **Wake Up Early:** Rise and shine at 5:00 AM. (4-6)
2. **Freshen Up:** Start your day by freshening up and taking a bath. (Do it ASAP)
3. **Visit Nearby Spiritual Place:**
(This is Optional as main purpose is to find a silent place which makes you feel good)
 - **Morning Reflection:** Spend 5-10 minutes in meditation to calm your mind. Take 5-10 minutes to plan your day to make it beautiful. Reflect on yourself and set positive intentions.

Daily Activities

4. **Breakfast:** Have a healthy breakfast to energize yourself for the day ahead.
5. **Daily Work:** Focus on your daily tasks and responsibilities with a positive mindset.

Evening Routine

6. **Exercise/Yoga:** Engage in some form of exercise or yoga in the evening to stay fit and relaxed.
7. **Evening Freshen Up:** Take a bath to refresh yourself after exercising.
8. **Dinner:** Enjoy a nutritious dinner to end your day on a healthy note.

Night Routine

9. **Read a book:** Before sleeping, aim to learn at least one new thing each day by reading something that offers valuable life lessons to enrich your mind and soul.

Most Important

10. **Smile:** Don't forget to smile throughout the day.
11. **Be Nice:** Don't forget to behave nicely with people.

Challenges are what make life interesting and overcoming them is what makes life meaningful.

Isliye 'Ab Nahi Toh Kab'

5 Days Challenge – Ye bhi nahi kar sakte toh fir kya hi karoge Jivan me!

Note: Plan according to your choice, but make sure to stick to it. If you find it difficult to stick to the plan, adjust it slightly but continue to follow it.

I Planned My Day

I wake up around 4:15 AM, freshen up & take a bath. Then, I visit the Shivji temple to give thanks for this beautiful life, meditate, plan my day & enjoy fresh air. After returning home, I start planning the tasks to achieve a tremendous life while waiting for breakfast. I then focus on my daily work. In the evening, after my routine exercise, I read the Bhagavad Gita as it is considered the book of life. Throughout the day, I strive to stay calm and behave nicely with everyone.

Update (22Aug24): *I had received another challenge from my mother: to wake up early, take a bath, visit an Abode of the Saints, and offer some ghee there for one and a half months. I accepted and completed it without any setbacks.*

After this achievement; One day, a thought popped into my mind about working creatively at night. It was true — I learnt many things during those nights when I was at my college.

These days I was not just analyzing the experience of the completed challenge but also working on 'Ab Nahi Toh Kab,' spending the rest of my time completing assigned challenges, planning for the near future, doing household chores, using social media, and having a little fun. The thought of working creatively during my college days made me reconsider working at night to bring back the same productivity. However, I found it difficult to wake up in the middle of the night, and no matter what I did, my bedtime stayed between 9-11 PM.

Note: *Plans are made, but sometimes they don't work. Keep adjusting your plans and strategies until you achieve what you desire.*

Then, I decided to watch some Hollywood movies to stay active at night. That night, while watching a movie, my entire body resisted staying awake, but my curiosity about 'what will happen next in the movie' interestingly kept me up, and I ended up sleeping at 1:30 AM.

To my surprise, I woke up at my usual time, feeling full of energy throughout the day. I was only a bit tired, so I took a short nap during the day to stay active at night, which allowed me to stay awake until 2:00 AM.

The next day, although I woke up at the same time, I was more tired, feeling like everything was shaking me. To gain clarity about what was happening in my life and to create balance, I accepted both the 3rd and 2nd challenges.

Clarity Challenge *reminded me of my 6th-8th grade school days when I used to wake up early in the morning, study properly, manage schoolwork throughout the day, and sleep*

Challenges are what make life interesting and overcoming them is what makes life meaningful.

Isliye **'Ab Nahi Toh Kab'**

5 Days Challenge – Ye bhi nahi kar sakte toh fir kya hi karoge Jivan me!

Note: Plan according to your choice, but make sure to stick to it. If you find it difficult to stick to the plan, adjust it slightly but continue to follow it.

around 8-9 PM. I realized that, back then, I only had schoolwork, but now the situation is different. It's also true that I'm not a kid anymore—I have more energy and a well-established working brain.

This made it even clearer (aur jyada clarity aana) to me that I am the master of my life and can change myself at any phase.

Balance challenge helped me to make a balance between different things to create a better schedule.

Now, I have no problem working either during the day or at night. I'm good at managing things. I make time for sleep if I was working the previous night, or I make time for sleep if I need to work that night. I'm still improving.

If you all want to share how you transformed yourself, I would love to add your story here.

Challenges are what make life interesting and overcoming them is what makes life meaningful.

Isliye **'Ab Nahi Toh Kab'**