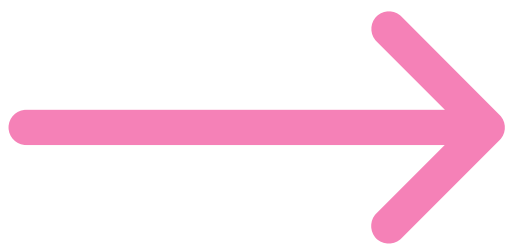


5 HABITS THAT CAN SOLVE 80% OF YOUR PROBLEMS



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#1

Plan your day the night before

Planning your day the night before is an incredibly popular productivity strategy.

Get everything ready you need for the morning.

Things seems simpler when everything is planned and handy.



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#2

If something takes 5 minutes or less, do it.

If you can do something that takes less than 5 minutes to complete - do it right away.

Getting those simple tasks done right away prevents lot of clutter and stress later on.



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#3

Create a morning ritual

Have a morning ritual for yourself.
Practice waking up early - it makes you
prep up for the day.

Make time for exercise.

Make time for meditation. The more you
practice it, the more your life gets
better.



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#4

Follow the 80/20 rule

Invest most of your energy and time on those specific tasks that creates the big impact and maximizes your productivity.

20% of the tasks yield 80% of the results.



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#5

Get enough rest

Without enough rest, you can't enjoy or improve your life.

To get all the things done as expected, you must get enough rest for your body and mind.

Not getting enough rest makes you cranky and reduces your ability to concentrate.



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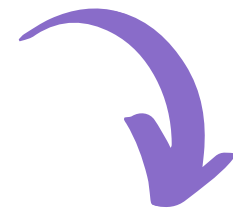
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