Stuti🌻's Daily Routine (January - August 2025)

Morning Routine (4:00 AM - 6:30 AM)

4:00 AM - Wake Up & Hydrate (15 minutes)
Start your day with a glass of water to refresh and hydrate.

4:15 AM - Meditation (15 minutes)
Begin with a brief session to center your mind, reduce anxiety, and set a calm tone for the day ahead.

4:30 AM - Focused Study Block (2 hours)
Dive into programming (Python, React, etc.), or academic work. Choose the most challenging task for this time when your focus is sharpest.

6:30 AM - Prepare for College (30 minutes)
Get ready for your commute, pack up for the day, and review your schedule.

College Engagement (6:30 AM - 11:00 AM)

6:30 AM - 11:00 AM - College Time
This includes lectures, commute, and preparation. Stay fully engaged in your studies during this period.

Midday Routine (11:00 AM - 2:00 PM)

11:00 AM - 12:00 PM - Lunch & Relax (1 hour)
Eat a nutritious meal and take some time to unwind before your next focus block.Review &

12:00 PM - Study (2 hours)
After college, reinforce what you've learned during lectures. Revisit key concepts or focus on assignments.

Afternoon Routine (2:00 PM - 6:00 PM)

2:00 PM - Project Work / Internship Applications (2 hours)
This block is for personal projects or applying for internships. Look for remote internships or local opportunities that can provide hands-on experience in your field. Focus on applying to at least 3 internships every week.

4:00 PM - Break (15 minutes)
Take a quick break to refresh—move, hydrate, or do something calming.

4:15 PM - Volunteer / NGO Engagement (1 hour)
Research and engage with women-in-STEM organizations, NGOs, or global teaching opportunities. Consider how you can contribute to these causes and enhance your own learning.

Evening Routine (6:00 PM - 9:30 PM)

6:00 PM - Dinner & Downtime (1 hour)
A nourishing dinner followed by relaxation time with family or personal hobbies.

7:00 PM - Study / Skill Development (2 hours)
Dedicate this time to focused study or learning. This could be additional research for papers, mastering programming skills, or working on projects. You can also review internship opportunities or build your online presence (LinkedIn, portfolio).

9:00 PM - Affirmations & Positive Reflection (30 minutes)
Review your day's progress. Use affirmations to stay positive and motivated. Focus on growth and learning, and affirm your capabilities and potential.

9:30 PM - Wind Down (30 minutes)
Slow down by reading or journaling, setting a calming mood before bed.

Sleep (10:00 PM)

Sleep is essential for your mind and body to recharge, so make sure to get enough rest to stay productive and healthy.