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TIPS TO HELP YOU BE PRODUCTIVE

#1 START YOUR DAY WITH WATER NOT COFFEE!!
YOU WANT TO NAIL DOWN YOU'RE DAILY TO DO LIST.
AND NOT CRASH HALF WAY THREW THE DAY!
TRY WATER AND LEMON WAKE YOURSELF UP GIRL !!

MAKE A LIST OF WHAT YOU NEED TO DO THE NIGHT BEFORE.
SO YOU KNOW WHAT TO DO THE NEXT DAY!

#2

#3

EAT BEFORE YOU TURN ON THAT LAPTOP
! HAVE A GOOD BREAKFAST DONUTS DON'T COUNT !!

EAT A LIGHT SNACK AT YOUR DESK.

#4

#5

SET ASIDE 1-2 HOURS OF YOU'RE DAILY SCHEDULE TO
TIME TO DO YOGA OR MEDITATE .

#6

LISTEN TO MUSIC THAT PUMPS YOU UP TO
GET YOUR CREATIVE JUICES GOING !