Essential Ways to Plan a Successful Day

1. Get an early start.
   Gain 10-20 minutes and see the difference.

2. Picture the desired result.
   Set this as your intention for the day.

3. Set your schedule. List your to-dos.
   Batch similar tasks for ultimate efficiency.

4. Prioritize healthy habits.
   Plan out your meals, snacks, and exercise.

5. Select your top three.
   Keep focused on your priorities.

6. Get to work.
   Start small to gain momentum.

7. Plan for tomorrow.
   Set your future self up for success.

8. Practice gratitude.
   Reflect and find something to be grateful for.

   Carve out time for you and those you love.

10. Commit to quality sleep.
    Recharge for at least seven hours.

* Taken from daydesigner.com