

Structuring Your Day Right

Whether you're studying, having a normal work day, or a day off, weaving in routines to take care of your wellbeing can make everyday turn out right.

Boost Your Daily Routine

A well-structured day can be the catalyst for success. Simple tasks - such as getting dressed, making the bed, or a quick workout - can be transformed into mini goals that fuel a sense of achievement. Nothing beats ticking off a "to do" list!



Daily Affirmations

Empowering declarations can be woven into everyday rituals. Brush your teeth reciting "You've got this", "I believe in you" or a plain and simple "you're awesome". It's surprising how much we listen to that inner voice, so hear it say something good!

Hydration

A daily intake of 3 (or 2!) litres of water is recommended to boost metabolism and curb those cravings. Hard to believe water can replace that daily chocolate hobnob urge, but seeing is believing!

Eat a Spectrum of Colours

Incorporating a variety of fruits and vegetables into every meal supplies essential vitamins, minerals, and antioxidants that strengthen overall health. Ban the beige food, go for a rainbow on your plate.



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Move

A designated time for physical activity is key. Whether opting for a brisk 30-minute walk, an online workout, or a yoga session; a consistent routine (especially in the morning) ensures the exercise gets done before distractions arise.



Learn Something New

Dedicate 30 minutes each day to acquiring a new skill, be it learning handstands, picking up sign language, mastering a new recipe, or exploring a digital platform. All leading leads to continuous personal growth.

Intentional Reading

Reading one complete chapter every day, regardless of genre, nurtures the mind and reinforces a habit of lifelong learning. You might even try the Yellow and Orange!



Quality Sleep

A disciplined bedtime routine is an essential investment. Avoid caffeine at least six hours before sleep, turn off all screens an hour in advance. Try setting a “wind down” alarm 30 minutes before the intended sleep time. These measures work together to promise the much underrated but glorious, restorative rest.

These dynamic routines boost overall wellbeing and boost your study time. Experiment over the next few weeks – if you see one improvement in your day, then fabulous.