

10 Things To Do Sunday Nights!

Start your week off the right way with these super simple tips, used by some of the most happy and successful people in the world.



- Make a checklist of things to do Monday

- Make a checklist of things you want to accomplish this week

- Exercise...get that first workout knocked out early in the week

- Prep your healthy food for the week (cut your veggies, boil your eggs, etc)

- Eat a light and healthy meal

- Clean your room, home, and/or office for a stress free environment and week

- Pick out your clothes for Monday so you're not rushed in the morning

- Got to bed early, so you wake up early and have a great morning

- Save and watch a new favorite show to help avoid the Sunday Night Blues

- Get off technology (so get those checklists done early!)
