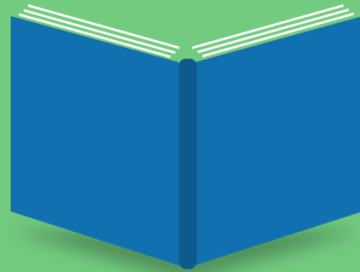


# 8 Things highly successful people do before bedtime



- ☐ Bill Gates: Read for an hour over different topics
- ☐ Arianna Huffington: Unplug from electronics to block out distractions
- ☐ Steve Jobs: Reflect on what is done in the daytime
- ☐ Ellen DeGeneres: Write down feelings and thoughts to improve communication skills
- ☐ Oprah Winfrey: Meditate to reduce stress
- ☐ Joel Gascoigne: Take a late night walk to unwind after a stressful day
- ☐ Vera Wang: Brainstorm for new ideas
- ☐ Kenneth Chenault: Plan for the next day

**More info:** <https://www.pinterest.com/lifehack/>