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

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