

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!)