

12 Tips On Staying Inspired

Keywords

Hits

98

URL

Here are some tips to stay inspired

Stay Healthy

- **Drink a glass of water:** When you wake up in the morning, drink a glass of water to start the day fresh.
- **Move and Sweat:** Daily exercise boosts your energy level, improves your mood, and relieves stress.
- **Get some sleep:** When you get enough rest, you have more energy to do the thing that makes you happy.

Plan your day

- **Top 3 tasks:** Every morning, make a list of the 3 tasks you want to accomplish that day.
- **The 50/10 rule:** Work on one important task for 50 minutes and then take a 10 minute break to refocus.
- **Reflect Daily:** End your day with 10 minutes of reflection and self-evaluation.

Keep Learning

- **Reading:** Reading increases knowledge, which in turn keeps you inspired.
- **Browsing:** Watching tutorials and conducting research increases your capabilities.
- **Brain storm:** Brain storm can be a creative gold mine.

Focus on what makes you happy

- **Express Gratitude:** Think about 10 things you are grateful for every morning-gratitude promotes happiness.
- **Clean your desk:** A tidy desk gives you energy and inspiration and lets you focus on the work you need to get done.
- **Indulge in your favorite:** Set time aside to relax and enjoy your favorite things like playing with your pet or going for a bike.

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