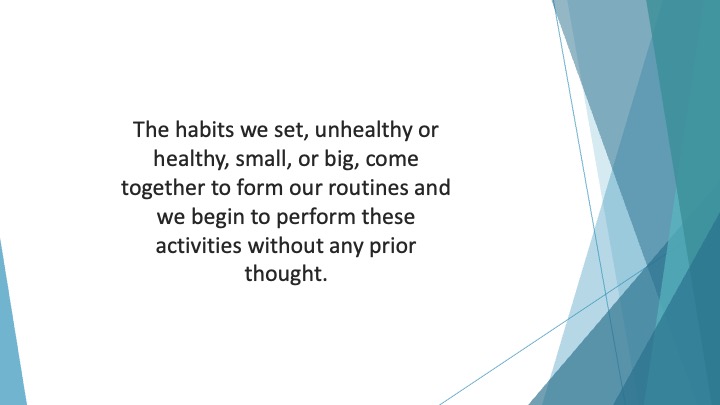
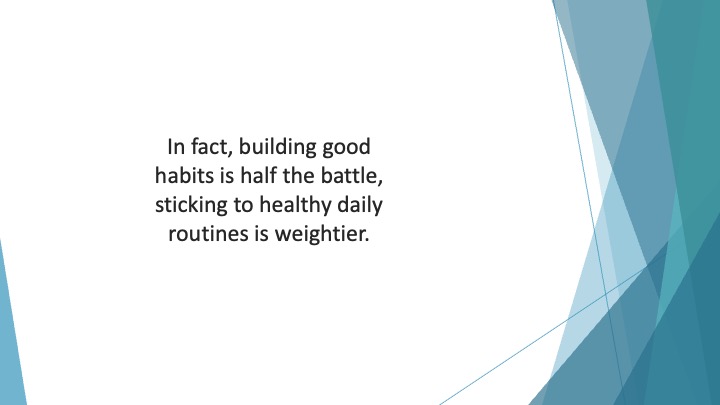
**Chapter 5: Simple but Powerful Daily Routine for a Healthier Life**

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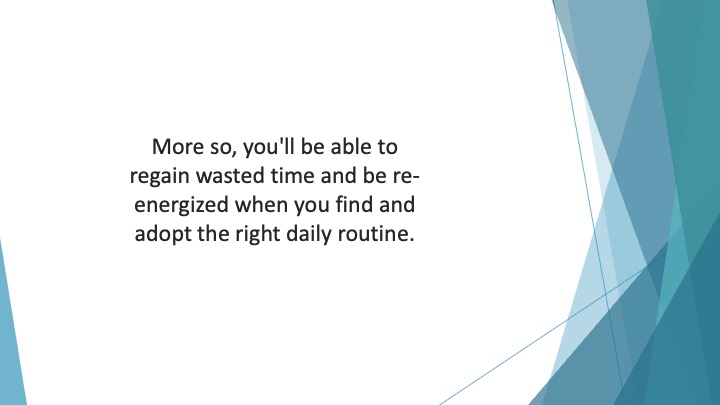
**S1** : In this video, we’ll discover about “Simple but Powerful Daily Routine for a Healthier Life”



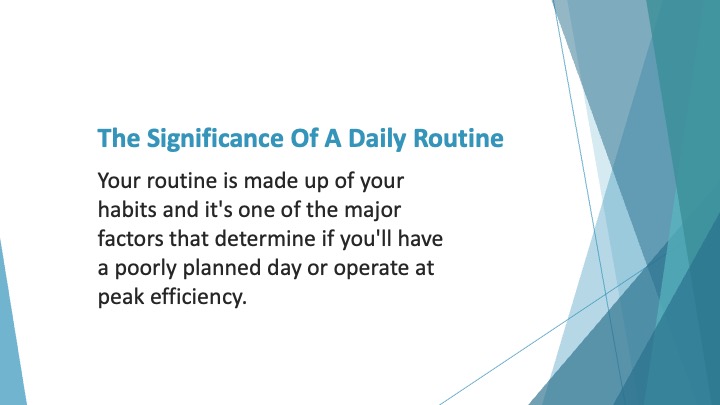
**S2 :** The habits we set, unhealthy or healthy, small, or big, come together to form our routines and we begin to perform these activities without any prior thought. Habits are very powerful and this explains why we must build good ones.



**S3** : In fact, building good habits is half the battle, sticking to healthy daily routines is weightier. You'll be able to live a healthier and happier life when you commit to positive daily routines.

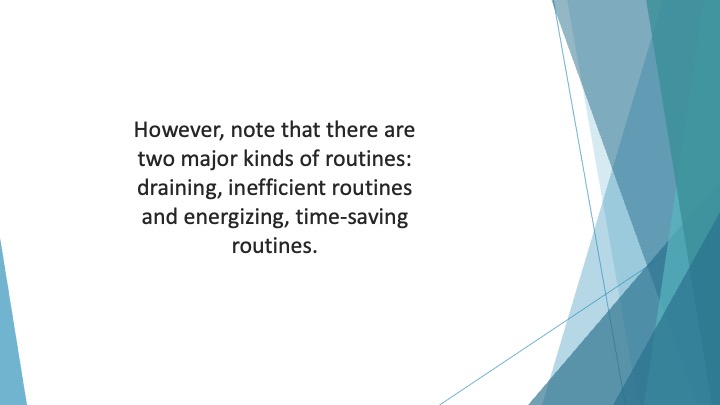


**S4** : More so, you'll be able to regain wasted time and be re-energized when you find and adopt the right daily routine.

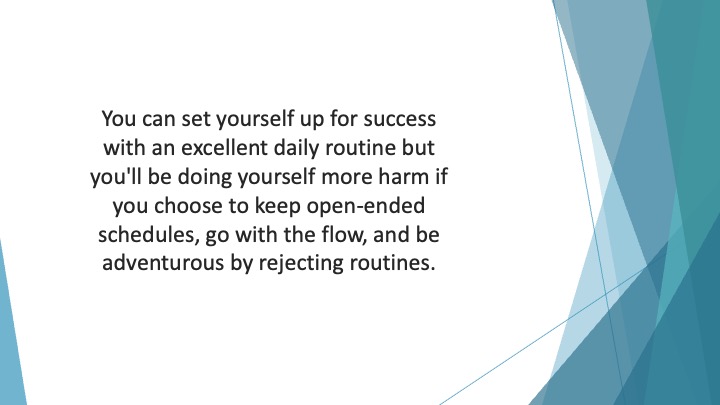


**S5 :** The Significance of a Daily Routine

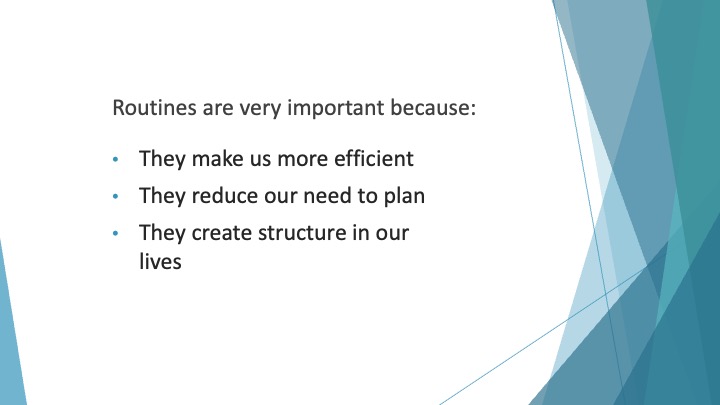
Your routine is made up of your habits and it's one of the major factors that determine if you'll have a poorly planned day or operate at peak efficiency.



**S6 :** However, note that there are two major kinds of routines: draining, inefficient routines and energizing, time-saving routines. You can choose either of the two but it's advisable that you go for these energizing, time-saving routines because your productivity, well-being, and overall health can be improved by these healthy routines.



**S7 :** You can set yourself up for success with an excellent daily routine but you'll be doing yourself more harm if you choose to keep open-ended schedules, go with the flow, and be adventurous by rejecting routines.

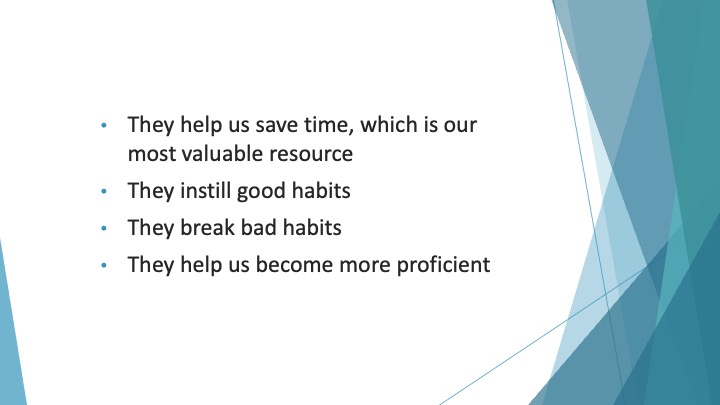


**S8 :** Routines are very important because:

• They make us more efficient

• They reduce our need to plan

• They create structure in our lives

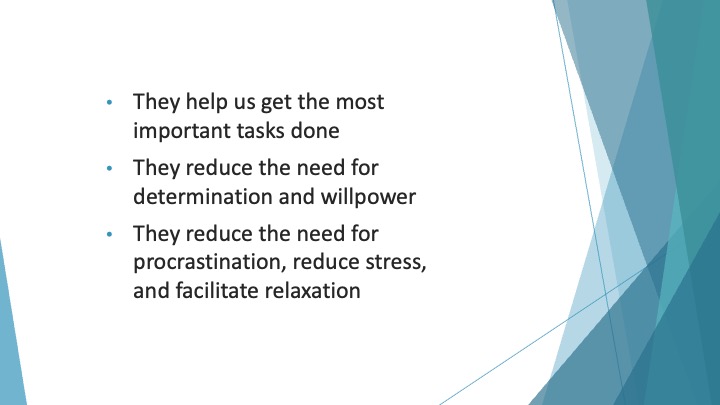


**S9 :** • They help us save time, which is our most valuable resource

• They instill good habits

• They break bad habits

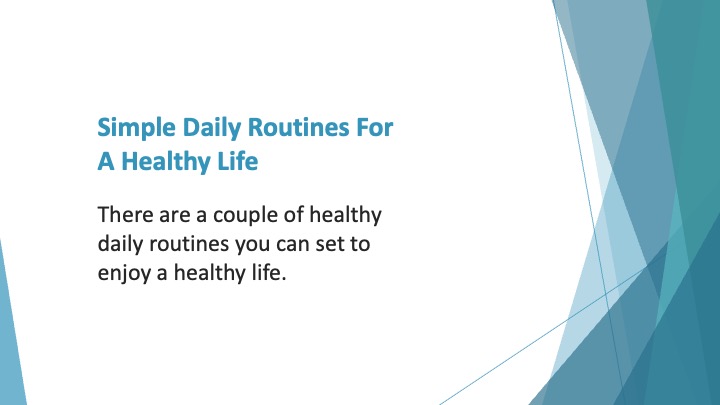
• They help us become more proficient



**S10 :** • They help us get the most important tasks done

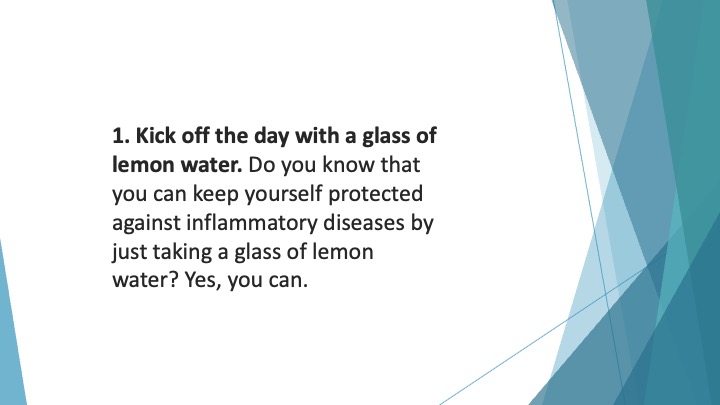
• They reduce the need for determination and willpower

• They reduce the need for procrastination, reduce stress, and facilitate relaxation

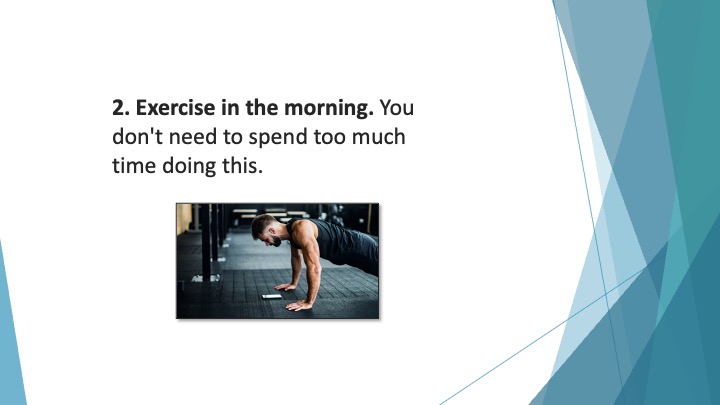
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**S11 :** Simple Daily Routines for a Healthy Life

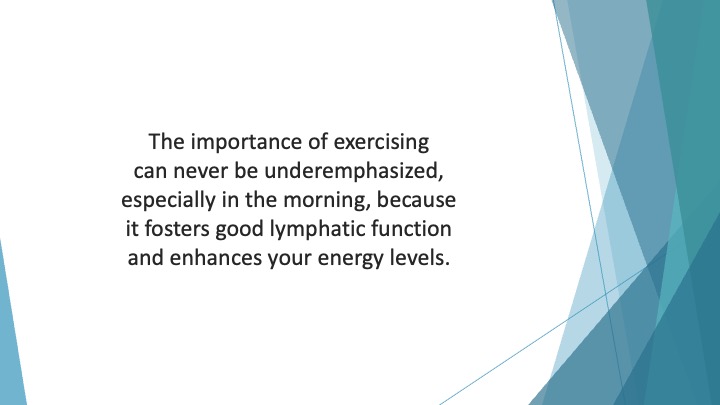
There are a couple of healthy daily routines you can set to enjoy a healthy life. These routines are just some simple stuffs and they're potent enough to help you become the best version of yourself.



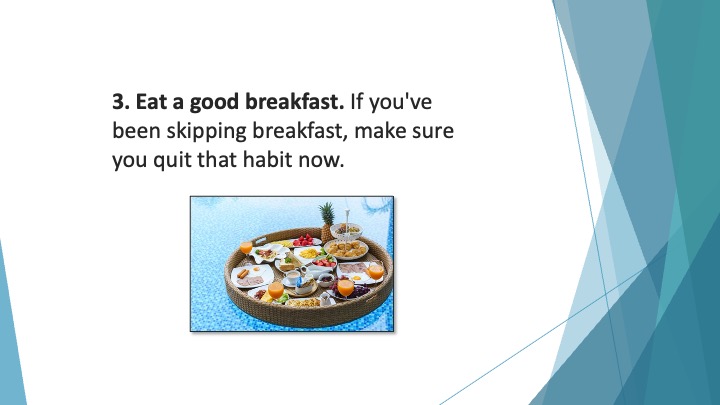
**S12 :** 1. Kick off the day with a glass of lemon water. Do you know that you can keep yourself protected against inflammatory diseases by just taking a glass of lemon water? Yes, you can. So, do well to oblige to this simple act every morning to keep the levels of your body acidity low.



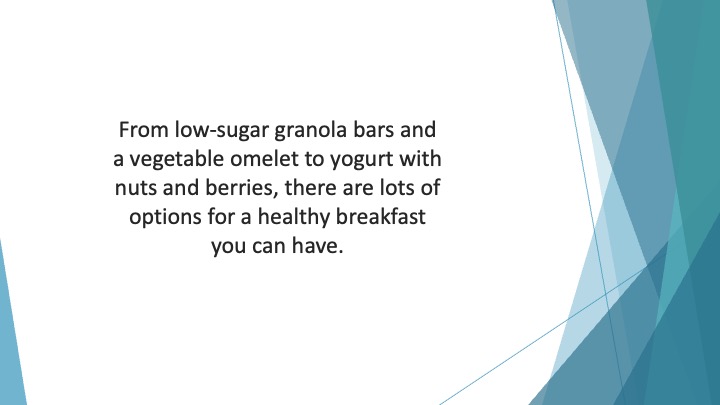
**S13 :** 2. Exercise in the morning. You don't need to spend too much time doing this. You should be fine with 20 or 30 minutes daily.



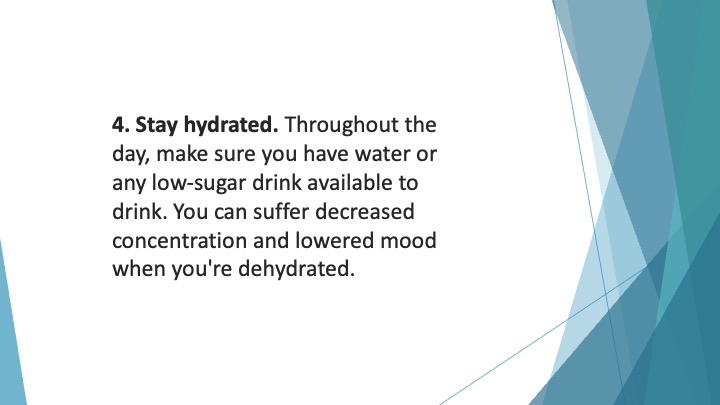
**S14 :** The importance of exercising can never be underemphasized, especially in the morning, because it fosters good lymphatic function and enhances your energy levels.



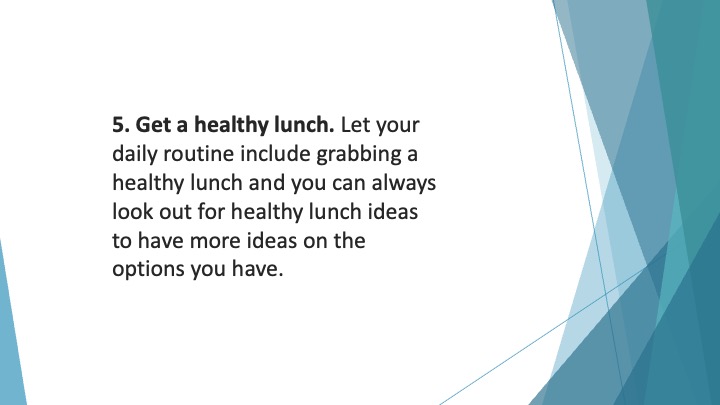
**S15 :** 3. Eat a good breakfast. If you've been skipping breakfast, make sure you quit that habit now. Now is the time to be more conscious of what you take for breakfast.



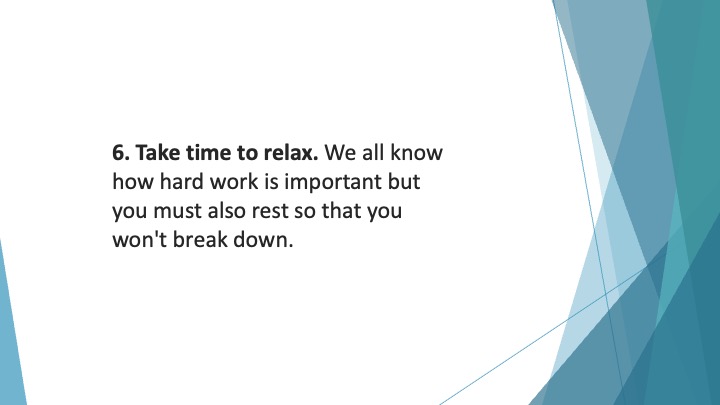
**S16 :** From low-sugar granola bars and a vegetable omelet to yogurt with nuts and berries, there are lots of options for a healthy breakfast you can have.



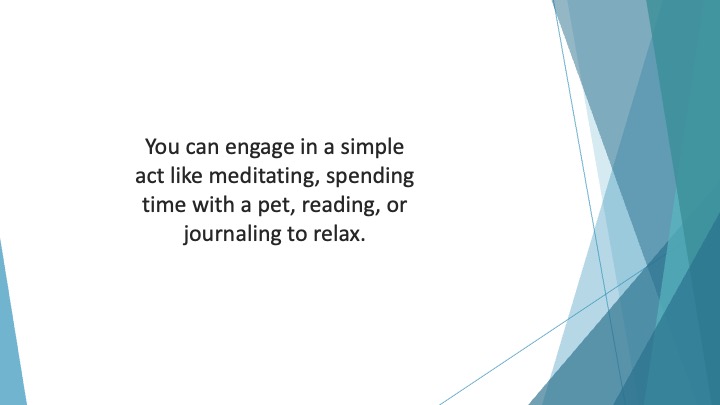
**S17 :** 4. Stay hydrated. Throughout the day, make sure you have water or any low-sugar drink available to drink. You can suffer decreased concentration and lowered mood when you're dehydrated.



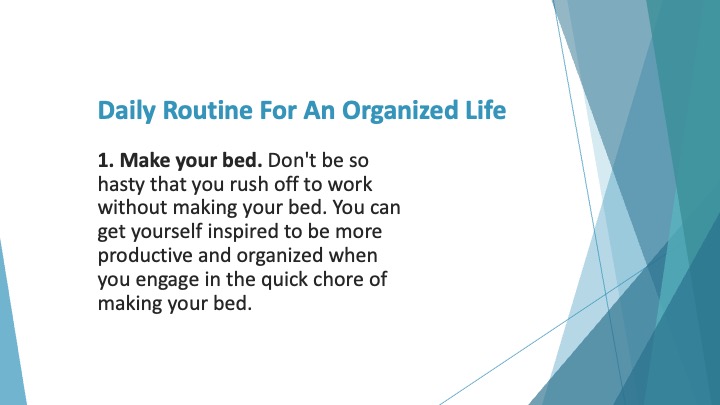
**S18 :** 5. Get a healthy lunch. Just as breakfast is important, your lunch is vital too. Let your daily routine include grabbing a healthy lunch and you can always look out for healthy lunch ideas to have more ideas on the options you have.



**S19 :** 6. Take time to relax. We all know how hard work is important but you must also rest so that you won't break down. If you don't want to suffer high blood pressure, depression, and a host of other health conditions which are often rooted in high-stress levels, make sure you create time to rest daily.

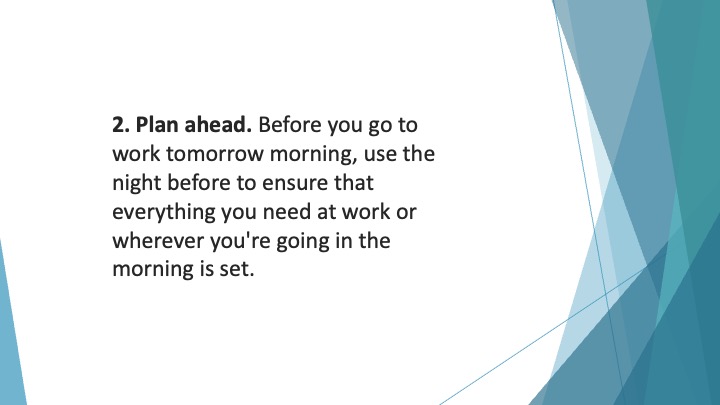


**S20 :** You can engage in a simple act like meditating, spending time with a pet, reading, or journaling to relax.

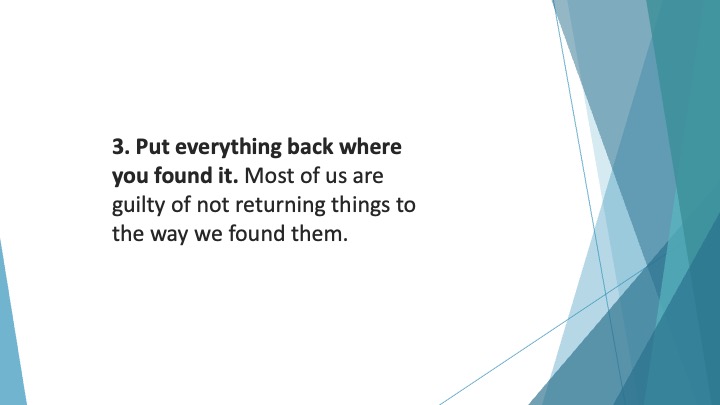
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**S21 :** Daily Routine for an Organized Life

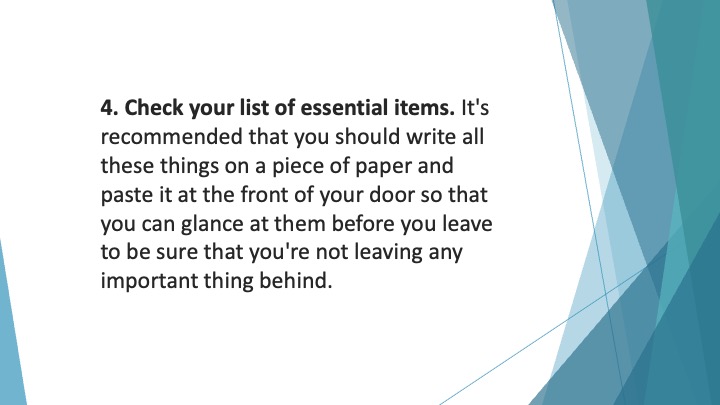
1. Make your bed. Don't be so hasty that you rush off to work without making your bed. You can get yourself inspired to be more productive and organized when you engage in the quick chore of making your bed.



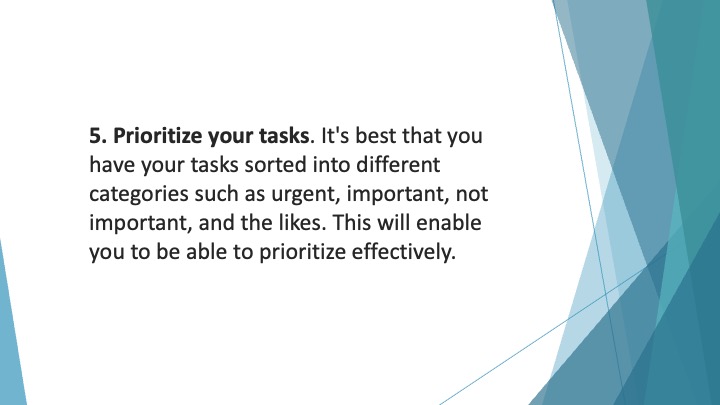
**S22 :** 2. Plan ahead. Before you go to work tomorrow morning, use the night before to ensure that everything you need at work or wherever you're going in the morning is set. Whether it's your clothes or equipment, make sure you have everything sorted a night earlier.

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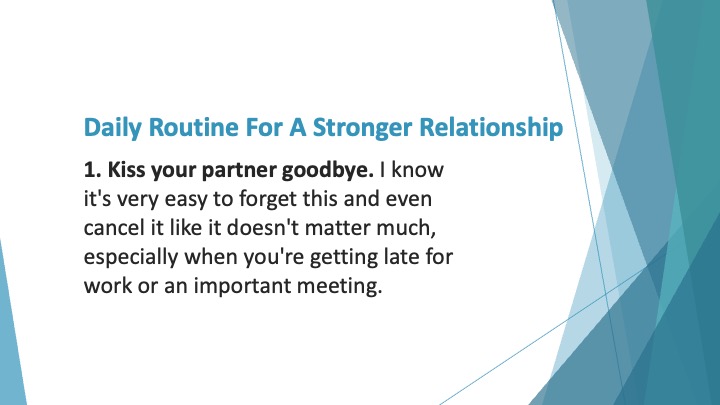
**S23 :** 3. Put everything back where you found it. Most of us are guilty of not returning things to the way we found them. Once we're done using an item, we bother less about returning it appropriately to where we took it from. Don't do this.

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**S24 :** 4. Check your list of essential items. Check if you have your water bottle, ID card, your house key, wallet, and other essential items with you before you leave for work. It's recommended that you should write all these things on a piece of paper and paste it at the front of your door so that you can glance at them before you leave to be sure that you're not leaving any important thing behind.

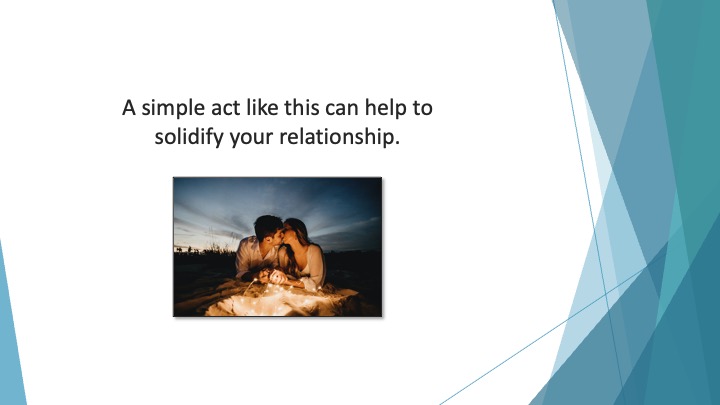
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**S25 :** 5. Prioritize your tasks. It's best that you have your tasks sorted into different categories such as urgent, important, not important, and the likes. This will enable you to be able to prioritize effectively.

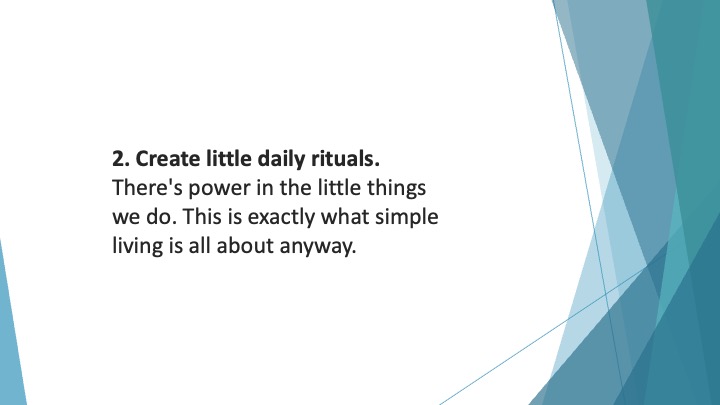
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**S26 :** Daily Routine for a Stronger Relationship

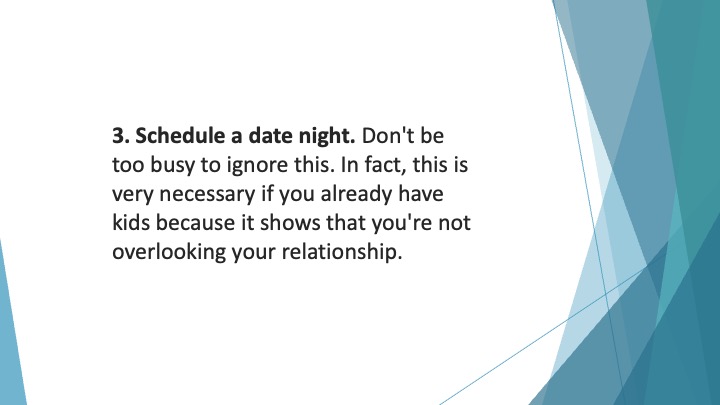
1. Kiss your partner goodbye. I know it's very easy to forget this and even cancel it like it doesn't matter much, especially when you're getting late for work or an important meeting.

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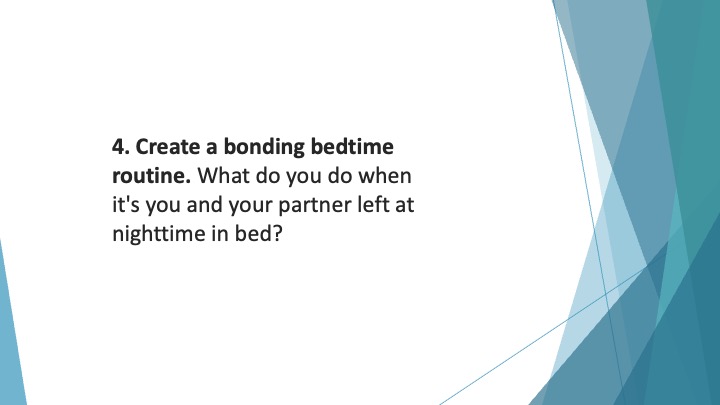
**S27 :** Therefore, you should go to bed early so that you can wake up early enough. A simple act like this can help to solidify your relationship.

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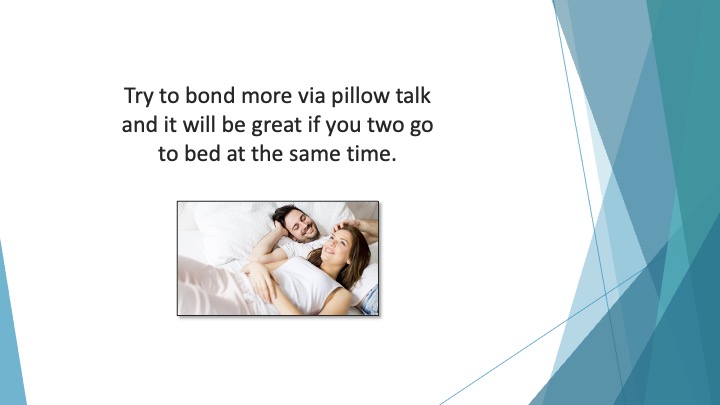
**S28 :** 2. Create little daily rituals. There's power in the little things we do. This is exactly what simple living is all about anyway. From texting a joke to your partner during your lunch break and writing messages to leaving little notes, you can improve your bonding with the little actions you create.

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**S29 :** 3. Schedule a date night. Don't be too busy to ignore this. In fact, this is very necessary if you already have kids because it shows that you're not overlooking your relationship.

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**S30 :** 4. Create a bonding bedtime routine. What do you do when it's you and your partner left at nighttime in bed? Do you just say good night and you both close your eyes and expect sleep to come?

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**S31 :** Try to bond more via pillow talk and it will be great if you two go to bed at the same time.