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1. Waking up at 5am

Waking up early means you're already ahead of everyone else.

Waking up earlier gives you more time to;

- Workout
- Plan your day
- Work on business
- Be more productive

It's a huge life hack and gives you more time to achieve your goals.





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2. Writing down your thoughts before bed

Writing before bed will improve your quality of sleep.

Here's what you can write down;

- Your goals for tomorrow
- What you're grateful for
- Any negative thoughts

This will improve your mental health dramatically.





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3. Learning an online skill for 30 mins a day.

With inflation and taxes on the rise, learning an online skill can help you financially.

Here are a few skills I recommend:

- Coding
- YouTube
- Copywriting
- Digital Marketing
- Content Creation

You can earn \$50 to \$250 or more per hour.





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4. Spend 1 hour a day exercising

To have a good mental health, you have to also have good physical health.

Exercises that have the best results;

- Running
- Swimming
- Lifting weights

These will strengthen and tone your body fast.





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5. Sit in silence 10 minutes a day

Your mind is racing with hundreds of thoughts every minute.

Take 10 minutes to:

- Sit in silence
- Practice mindfulness
- Give your mind a break
- Be present in the moment

This is an underrated habit for your mental health.





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6. Create a proper sleep schedule

Sleep is essential for you;

- Performance
- Mental health
- Reducing stress
- Improving your mood

Do this for deep and quality sleep:

- No screen 2 hours before bed
- No eating 2 hours before bed
- Make your room cooler
- Use blackout curtains





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7. Take a 30 minute walk in nature

Nature is proven to help you:

- Get rid of anxiety
- Increase happiness
- Improve your mood

It's one of the best hacks for improve your day.





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8. Read 20 pages a day

Reading will strengthen your mind and also:

- Increase your focus
- Increase your knowledge
- Increase your self-confidence

Just 20 pages a day will give you a huge return in life.

