

# 5 ways to fix your day after Covid-19 broke it.

[\(Read the article on the Daily9 blog\)](#)

1



## Sleep and wake up at the same time every single day:

- Stick to your bedtime. Weekends also.
- No devices 30mins before bed.
- Shut wifi and data off when going to bed.

3



## Have 3 non-negotiable to-dos that must be done each day:

- A project at work.
- Time with family (play, cook together, watch a movie).
- Time for you (exercise, music, reading, friends).
- Write it down, scratch it when done.
- If you've scratched all 3, you've had a good day. Feel good about it.

5



## Use the internet wisely:

- Don't check news after dinner.
- Pick 3 news sources, don't google.
- You will not know everything, and that's ok.

2



## Split your home into zones:

- Have a work zone, play zone, eating zone. So no eating in the work zone, no work in the play zone and so on.
- Pretend your laptop is a desktop. Stop moving it around.
- Work stays in the work zone (even calls).
- Don't go into the work zone on weekends.

4



## Schedule your meals:

- Fix your meals & snacks. How many times are you going to eat today?
- Could be 3-5 times a day, but not whenever you 'feel' like it.