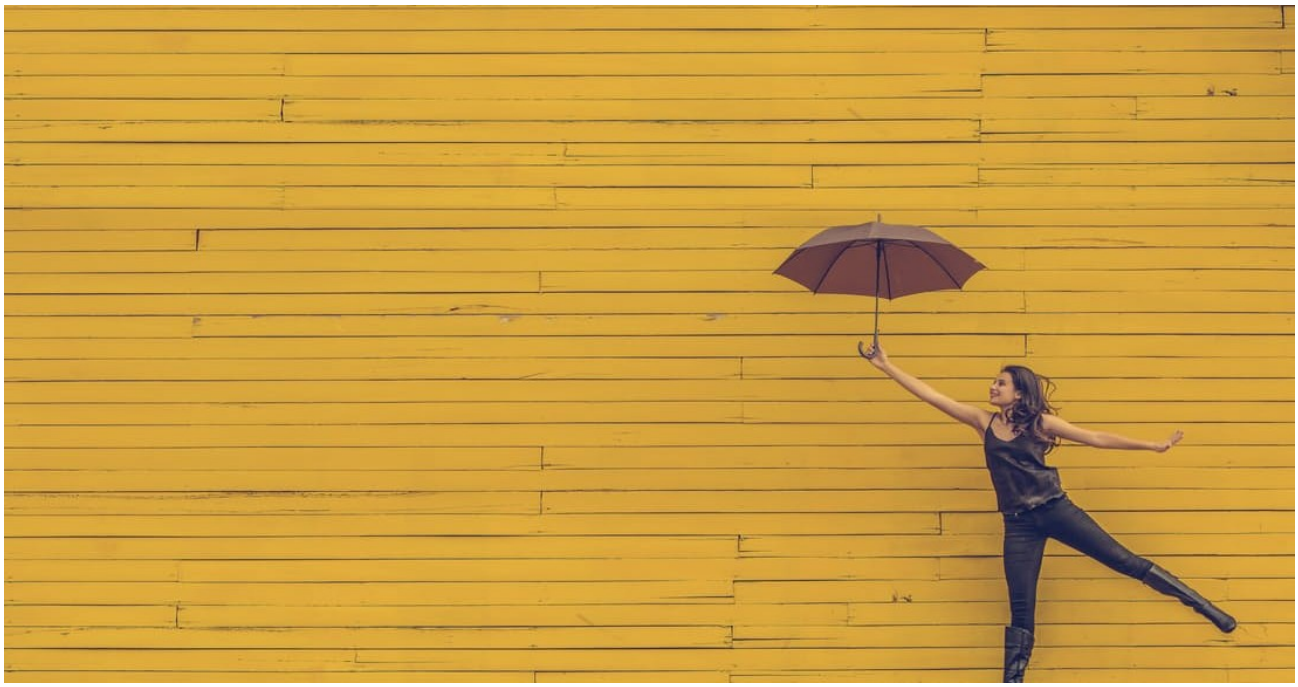
10 Things To Do Sunday Nights!

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!)

Created By Marvin Russell - https://marvlus.ai