

# Best Day Loop



Habit extension: to Improve your Daily Process & Lifequality.

What do you should measure on daily actions?

To making sure you live at your best potencial successwise.

Count Push ups, Squats, Sit ups als number.

Count Yoga or Run-time in minutes.

Top 3 Success a day.

Top 5 Things to be grateful.

Trackrecord on [mysupersuccess.com](https://mysupersuccess.com)

00:00

02:00

03:30 frequency music & mantra

04:00

3:50 meditation, sport-counter, rice-protein-chocolate with supplements, cold shower, shave, workdress, sharp & ready to work out my future...

06:00

Promodoroloop 25 min of work and 5 min break for sport-exercise

How can you improve the quality of your sleep?

bluelight filter, wifi off, phone in airplanemode

08:00

evening routine with brain-frequency to chill the brain down

100% dark room when sleeping

10:00

11:00 sport (60-150min), bath + cold shower (30min),

2h before sleeping - no use of laptop or smartphones & wifi off

12:00

NAP (15-21min) & the rest is chill out time

How you create better relationships?

Write how you communicate best? Which communication must be prioritised?

14:00

promodoroloop 25 min of work and 5 min break for sport-exercise

16:00

17:00 documentation, organisation & plan



Long-Term: Study more audiobooks, blogs about communication to learn more about NLP and charisma.

18:00

time for reflection

Elimination of Distraction

How you keep distraction far away?

Short-term: listen careful to others and cultivate a very respectful behaviour.

20:00

evening-routine: supplements + preparation, yoga, meditaion, chill out #boogie #celebration #enjoyLife

work with airplanemode if possible

swich phone off to maintain focus

put myself first, in terms of my scheudule

reduice noise from outside

turn down the ego-noise

22:00

Frequency Music