

# My First Cheat Sheet 2024

Having a good daily strategy and develop a routine that helps get you out of bed



Enjoy your coffee in the morning, and concentrate on waking up



Workout whilst watching TV, Listening to a podcast or some music



Take time to wake up and chill with your morning coffee



Start the day by setting up your work station, put on some music and start your working day



Read a book through out the day and away from your laptop and enjoy reading to take regular breaks or practice doing mindfulness