

HOW TO WORK FROM HOME



PLAN YOUR DAY

Proper prior preparation prevents poor performance!

Plan your day accurately, ensuring you leave flexibility for breaks and your lunch. Additionally plan where you will be working and dedicate this space for work.

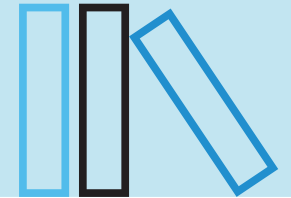
GET INTO A ROUTINE

Breakfast // plan // work // exercise, // work // eat // revisit plan // work // go for a walk or speak to a positive friend or person // work // plan for the next day.

Routines help you keep a focused mindset.

CULTIVATE A POSITIVE ENVIRONMENT

Use candles, music, speaking to the right people, comedies, inspiring stories, podcasts, books on improvement, and exercise to cultivate a positive, motivated environment.



EXERCISE!

Exercise allows you to be more productive, get out of the house, and releases endorphins which means a happier life. You can use home workout plans, free online classes, or get outside when the weather allows!



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