

Life Hacks (tips to make your life better)

Listen to podcasts. Use time during a drive or a run to learn something new!

Use a bullet journal. Try a new system to keep track of your lists and information.

Put your phone on airplane mode while you study.

Get an alarm clock and move your phone away from your nightstand.

Go to bed earlier by 10-minute increments.

Go through your social media and take an inventory of whom you follow. Unfollow people who don't uplift or encourage you.

One compliment goes a long way to make someone's day. Say it with a card or in person.

Carry around a water bottle to drink more water.

Keep a daily gratitude list.