

7 formas para aprovechar el tiempo

1. Planifica tu día: invierte unos minutos a planificar tu rutina.

2. Prioriza tus tareas: Valora la urgencia de cada tarea.

3. Duerme entre 7 y 8 horas: la calidad del sueño influirá en la energía de tu cuerpo.

4. Madruga: si madrugas el día rinde mucho más.

5. Practica deporte: nos brinda energía y aporta a la activación cerebral.

6. Organiza tus espacios: El orden es otro gran aliado.

7. Tómate un tiempo para detenerte: estresarnos produce ansiedad.



Aprovechar El Tiempo Perder El Tiempo

M Walker



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