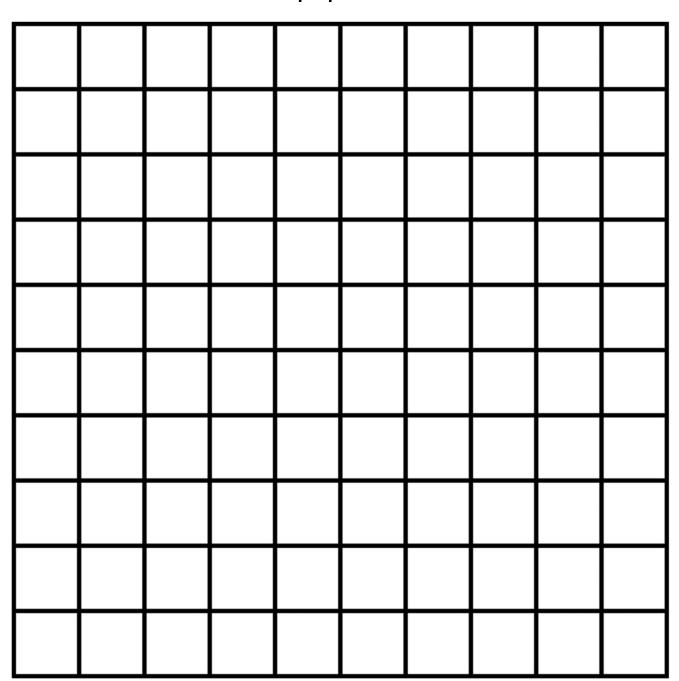# LIFE HACK #1

You sleep 7-8 hours each night which leaves you with 16-17 hours each
day or about 1000 minutes. Imagine those 1000 minutes as hundred 10-minute blocks.
It's a good thing to consider these blocks as
your daily assets and use them wisely in order to make your future better.

Imagine these blocks laid out on a grid. What if you had to label each one with a purpose?

Think about how much time you want to spend on everything and how much is its worth to you.

1. Assign each task with required no of blocks.
2. How many blocks you want to assign to learning,to your body and to enjoyment?

Use this grid daily to keep track of your daily routine and progress