

5-Minute Productivity Hacks



In Car

- Organize Glovebox
- Practice Mindfulness
- Check Your Schedule
- Make a Quick Call
- Car-friendly Stretches

At Home

- Sort Mail
- Start Laundry
- Tidy Surface
- Quick Workout
- Write in Journal

On Sidelines

- Dust surfaces
- Stretch for Mobility
- Write Gratitude List
- Read or Audiobook
- Meal Plan

On the Go

- Review Shopping List
- Declutter Wallet
- Calm breathing
- Check Calendar
- Send Kind Text