

THE BLONDEINPINK

•TBP•

Directions: Follow the flow chart to find out some tips about you that will make your day 10X better than it should be! Answer the questions and follow the arrow that

What time do you wake up on a week day?

6 am or earlier

Between 7 am and 10 am

After 10 am

Do you plan your outfit the night before?

yes

no

yes

no

yes

no

Do you prepare your meals at home? (yes), or do you get takeout? (no)

yes

no

yes

no

yes

no

yes

no

yes

no

yes

no



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Option A	Option B	Option C
<ul style="list-style-type: none"> • You are doing great! • When you wake up, the best thing to do is get dress and then eat • Check your phone before you get out of bed(if you want). • You seem to be always on time • You are super organized, so take 15 minutes out of your day to get ride of stress by organizing your desk, house, room, and purse! • Take a breather and find time to relax! After the day is over read a book or watch TV; but get off your phone • Make sure to try to prepare for the next day • Clean up after yourself as the day goes along, it makes you fell 10X better than usual. 	<ul style="list-style-type: none"> • You're a good middle between working and relaxing. • You should when you wake up eat first, get dressed, then check your phone • Your phone can be found sometimes as a distraction, so set it aside when trying to nock out some work • You need to find an equal balance of chill and work, so try to work as much during the morning and day. • Then at night, treat yourself to a special dinner, night out on the town, or a little shopping 	<ul style="list-style-type: none"> • Sorry to say it, even though you might not be lazy, you can come off that way • You like to stay calm and relaxed as much as possible • Stress is revealed by simply relaxing • Finding time outside, or to watch a movie is best to wrap up your day • Your phone is kinda of a distraction so keep it close, but turn it off. • Don't worry about cleaning up after yourself during the day. As great as it sounds, it simply will not work for you. • Instead make 30 minutes available at night to clean up after your day