# Perspicacity Walk

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Question: How can I improve my time management and efficiency (can't complete my personal checklist everyday)

Insights: (this was a long walk since I walk to the gym and back)
- Get more sleep. What is limiting you to get sleep? Arriving home from the gym a little too late, and using time to cook dinner and shower instead of sleeping. What is something I can do to improve my sleeping habit? I will shift my non-negotiable project work, 30 minutes each, to the morning. So, in the morning, from 4 to 10, I will focus on working on my current 2 AI/machine learning projects (everyday) for one hour, and for the remaining 5 hours I will work on copywriting work for my clients, my blog, and my instagram.
- After 5 pm, I will spend an hour either on my recipe website or TARS robot design (alternative days). At 6 o'clock, I will head to the gym, 6:30 reach the gym, 7:30 leave the gym, 8:00 at home, 8:30 done with dinner, 9:00 in bed.
- During dinner, to better prepare for relaxation, I can listen to Islamic lectures (instead of tv shows as they lead me to mindless scrolling) or space education videos.
- Habit to install before sleep: reading the quran and making notes.
- How does this help with my time management? I have allotted specific times everyday for both of my goals (career and copywriting), my brain will, in time, learn to switch to copywriting mode, or tech mode, when it is the right time.

**Will follow this today
**Also, a note for myself: Another habit I want to install is writing down, after every hour, what you have done in that hour; this will help me get a better sense of how I am using my time.