**Order the Day**

**Beginning the day**
- Make your bed, or make something in your environment.
- Set your intention for the day.

**Plan your Meetings**
- Start with the beginning of the day and what you will do first.

**Physical Exercise**
- Do any big or small exercise routines as you see fit.
- Get your blood flowing.

**Lunch Time**
- Make sure you take your lunch break.
- Also, make sure you are eating healthy foods.

**End of the Day**
- The result of the meeting is the time where the majority of the time was spent. It is the time you have chosen to focus on what you want to achieve.

**AFTER YOU GO:**
- Examine what you have achieved.

**Go Actually Good Days**
- Talk it over with a friend.

**ChopItWell**
- One of the best ways of using training sessions is to test your process during practice or in the real world.

**Unhealthy Stressors**
- Stress is in part of your life then stress-reducing activities need to be part of every day working life as well.

**Get a different perspective**
- Getting out of stress can often be achieved by getting a different perspective on the stressor.

**Conclusions**
- Stress is a part of your life then stress-reducing activities need to be part of every day working life as well. If you can make all these tips and tricks part of your regular routine, you can drop your stress down to a manageable amount, even at times of peak activity.