



**ACADEMIC
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**8 Things You
Can Do In Ten
Minutes
(or less).**

What can you do with those few extra minutes of your day?

1. Preview a textbook chapter. By looking ahead you will be better prepared to understand the concepts of the chapter.
2. Write a Discovery or an Intention Statement.



3. Create a weekly budget. Planning where you will spend money will give you calm when extra spending opportunities pop up.
4. Take a brisk walk or climb several flights of stairs for exercise.
5. Do a spiritual practice, such as meditation or prayer.
6. Write and use an affirmation.

7. Write a goal or action plan. Review your calendar or to-do list.
8. Nothing. Just chill. Stare out of the window. Breathe deeply and notice how good it feels.



Source:

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