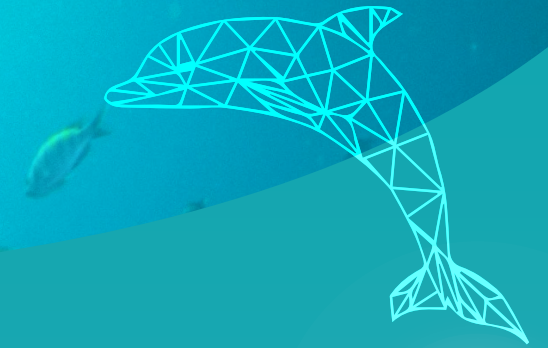


# The Ideal Workday for DOLPHINS

*You're creative and a little neurotic. You likely spend your nights restlessly tossing and turning. You may have been diagnosed with insomnia. You're usually wide awake while everyone else is asleep.*



## Here's the ideal workday for a Dolphin:

**6:30 am** Wake up regularly at this time. Exercise. Go out and get some sun.

**1 - 4 pm** Get fresh air and direct sunlight! You'll be drowsy after your lunch. No coffee!

**7:30 am** Take a cold shower. It'll wake you up and help you resist going back to bed.

**4 - 6 pm** Take on your demanding tasks. You're most alert right now.

**8 am** Eat breakfast (protein, carbs). No coffee.

**6 - 7 pm** Eat a light snack for energy. Exercise after leaving work. No strength training

**8 - 9:30 am** Make a to-do list for your day. Don't drink your coffee yet!

**7-10 pm** Eat dinner. Spend quality time with family. Solve challenges.

**9:30 am** Ok. Have your coffee break and socialize with your colleagues.

**10 - 11:30 pm** Get ready for sleep. Take a hot bath or shower. Read. No screen time!

**10 am - 12 pm** Take on your creative projects. Brainstorm ideas.

**11:30 pm** Lights out. Start your 6-7 hour sleep cycle.

**12 pm** Eat lunch.