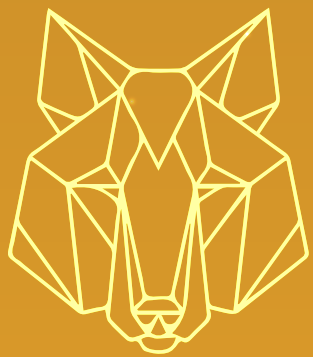




The Ideal Workday for WOLVES

Wolves like to stay up late. They have a difficult time rising in the morning. They hit snooze on their alarms multiple times. Coffee is a required part of waking up and feeling energetic.



7 am Set your first alarm for now. Set your second alarm for 30 minutes later.



7:30 am Drink a glass of water. Get a few minutes of sunlight. Eat your breakfast.



8:30 am Outdoor exercise. No coffee!



9 am Plan your day.



9 - 11 am Take this time to work alone.



11 am Ok! Coffee time! Take a break.



11:30 am - 1 pm Knock out your busy work.



1 pm Take a walk and eat your lunch! No coffee!



2 - 4 pm Brainstorm ideas. Productive peak. Deal with challenges. Make plans.



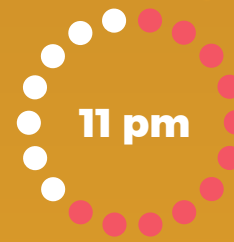
4 - 7 pm Tackle your creative tasks. Eat a light snack. Take a break. Repeat.



7 - 8 pm Exercise after finishing your work.



8 pm Eat dinner (protein, carbs). Relax. Read. Spend time with family.



11 pm Power down your screens. Meditate. Take a hot shower.



12 am Lights out. Start your 8 hour sleep cycle.



ALPHAWAVE