

How to Hack Your Life

'Hack', 'hacking', and 'hacker' are all terms that seem negative to most people particularly in the web and computer world. However, it is actually an enhancement system to accelerate workflow in ways other than programming. In our life, life hacking may refer to skill, trick, tips, or hidden method that increase efficiency and productivity in all areas of your life. Today in Monday Mindset, allow me to share how and why to hack your life.

How to Journal:

1. Find a journal medium that's fit you- Choose if you want to write in a paper or in any of your gadgets and computer.
2. Find the perfect place and time- Consistency is the king. Journal in the best place and time of your day to reflect back in your day.
3. Keep it simple- It doesn't matter if you'd like a gratitude journal, a bullet journal, or a daily journal, just get writing. Do it today, tomorrow, and eventually everyday
4. Reflect back- Identify your pattern, behavior, and see to it if you can change anything to make it work better.
5. Do it everyday

Are you incorporating journal in your life? Why?