

MEL ROBBINS: 5 ZONES OF THE DAY

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Learn how to
maximize your
productivity and well-
being.



5 ZONES

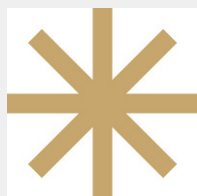
ONE

When you wake up you own that time that is your time and so many of you just casually hand it over to the internet - you look at your phone you check your emails and **Zone one** in my opinion is the only time that you have that is yours and you have to fight for it. Exercise, journal, read, get out.

TWO

Zone two

Begins the moment you check your email or your phone or you turn on your TV because you have turned your attention over to someone or something else.



THREE

Zone three

happens the second you start your workday because you've traded your time and attention for a paycheck or you've traded your time and attention to earn profits for your business. That is not YOUR time. Do not get mad at your job. Do not get mad at your business because you are exchanging time and energy and attention in order to get money. Period.

FOUR

Zone four

typically happens around 3:00 PM. That's when most of us start tapping out in terms of our mindset that we're still sitting at our business. We're still sitting at work and it's sort of that blurry zone - you're not going to get any great work done there. Zone four also extends into going home. You're cooking dinner, you're doing your thing - it's sort of this gray zone of transitioning from work into the rest of your life.

FIVE

Zone five

happens when you turn off the TV at the end of the night. That is also time that you could own, but you aren't, unless you're somebody that does your best work at night and you get that kind of night owl thing. You will be better suited to think about how to get sleep which you need, so that when you wake up tomorrow, and you have

Zone one, you actually know what to do with it!