

Learn from the 'extraordinary' living schedule of billionaire Elon Musk?

How the schedule of celebrities like Elon Musk will take place in 24 hours.

1. Details of the plan to turn a successful Mars man for only \$ 100,000 by Elon Musk
2. 20 sayings of billionaire Elon Musk for those who dare to dream
3. 12 sentences of billionaire Elon Musk: The madman or genius?

Recently the internet world is buzzing and admiring the recently revealed Elon Musk's living schedule, during Elon Musk's schedule of activities, we can know the daily work of the floating CEO. this sound.

Within 24 hours what will you do? For Elon Musk, in 24 hours he will have the following activities. These activities will be divided into 2 groups, you can learn and apply them to yourself.

1. Things to encourage



Bathing: For a lot of bathers it is very necessary, but for Musk because bathing is not so important and not necessarily necessary to do this every day, but of course no one likes their bodies smelling. In addition, bathrooms can be a great place to look for inspiration.

Travel: Musk loves to go back and forth and meet people around to chat. This is a great way to improve communication and social knowledge.



Time for children: The 7th day is for families. Musk said that he was able to play with his son and answer the email. But attention should be preserved.

Reject most calls and use an obscure email address - Controlling the communication process means controlling distraction.

Exercise: Musk should exercise more than once or twice a week now, but the form of exercise he applies also has many benefits.



Reading: A perfect form of entertainment, both helping you relax and gathering knowledge.

Partying: Usually this is a no-brainer, but even superheroes need to rest a bit.

2. Things to consider and consider changes

For an adult, to ensure health we need 7-8 hours to sleep. But with Elon Musk, he spends too little time during the day sleeping.



Besides being less sleepy, providing the body with essential nutrients is also extremely harsh. He often skipped breakfast, spent 5 minutes for lunch and dinner usually started at midnight. This may indicate that Musk is not fully energized daily, not to mention that he eats too late will increase the total calorie intake to the body, making the body more or less energetic. strong.

All his time is for work. It is estimated that his total working time is 80- 100 hours / week. Outside of work, he seems to spend very little time on private things. He tried to do many things at the same time, which made the brain under pressure, adversely affecting later memory.



Obviously, Elon Musk's ability to keep up with this schedule is worth admiring. But as every entrepreneur feels, a candle that burns on both ends will only last for a short time. There are also some special aspects of the Musk calendar that some people find interesting, including entrepreneur and director Steven Ilous. He said 'In a world full of distractions, it creates a framework for stimulating the' reward system 'in the brain that will deliver extreme performance high.'



Through Elon Musk's calendar, we need to learn how to adapt to every living environment. And we need to balance every activity in our lives to meet the body well enough.

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