

Leaving travel time is no longer a dead time

Whether you like to work or relax, there is always something you can do to turn your travel time from being dead and completely useless to being the time of day productivity. Make the most of downtime with 12 ways below.

The time you **travel daily from home to company or school and vice versa** is not necessarily completely wasteful. Experts say that with a strategic plan, anyone can easily use this time to recharge themselves or increase their productivity. **Amy Hoover** , president of **Talent Zoo**, said that whether driving a motorbike, taking a train, riding a bike or walking, taking advantage of this time can help you plan the rest of the day. " *Whether you like to work or relax, there is always something you can do to turn the travel time from being dead and completely useless to being productive during the day .* " Here are 12 things you can do during your travel time to **make the most of your downtime** . Most of them can be done when you **travel by public transport** , but even if you have to drive, there are some things you can do.



1. Loosen up

Connie Thanasoulis - Cerrachio, a career expert and co-founder of **SixFigureStart**, said: The first thing you can do is **to identify yourself** and assess who you are. You can be energetic in the morning and very tired at the end of the afternoon so use the time from home to work to complete the unfinished work, and the time from the company to go home to rest Rest and recharge energy.

2. Drive or walk if possible

Although it is not possible to make the journey shorter but start and end a day with physical activities that can help train the brain as well as keep the body in good shape. That's the advice of **Rita Friedman** - a career coach in Philadelphia.



3. Look at yourself

Teri Hockett - **What's for Work** executive director suggested: " *Taking the time on the move to review your goals is a great way to keep you on the right track and make adjustments if need* ". This is the perfect time to think about what makes you happy and the problems you can improve in your life.

4. Check email and voice messages

If you do not drive separately, the morning travel time is very suitable to start the day. Watching messages early in the morning can help you organize things for a productive day. However, experts also say that you should not spend the entire time moving to work.

5. Listen to music or audio books (audiobook)

Hockett said these activities will help and support your learning and development process. So **use the travel time** to be most useful.



6. Prepare for the whole day

Hoover said if you want to start the day earlier, you can use the travel time to get ready for the day's work by looking at the schedule. " *If you have a presentation, rehearse it by saying it loudly and try to make an impressive ending. If there is an important meeting, make sure you know what you need to know and where you are. I will discuss this in the issue* ".

You can also use this time to plan for the day at the office. " *Perhaps you will make a decision about what to eat, plan what you will wear after you leave the office or think about what you will do on the weekends. One day's work is not distracted by plans. and after-work activities will become much more efficient and productive .* "



7. Create to-do list

Travel time is the perfect time to make a to-do list or make adjustments to the list you created earlier. " *Creating to-do lists and determining priorities for day-to-day work will help you get ready and have a more organized, focused day,*" **Friedman** said.

If you can't write while driving, you can still repeat this list in your mind. Or else consider using voice recorder or note-taking apps on your phone as they will help you create notes that can still drive.

8. Relax

Consider using this time to relax yourself. Hockett said: " *Practice to rest your mind or simply enjoy the surroundings, simply living in the present and relaxing .*"



Friedman says you can, and should, take the time to think about what you have done or need to do during the day, " *but if you spend a lot of time moving to breathe deeply and focus on other things in life It can become a great time for you to not get tired every time you step out the door .* "

9. Learn

Choose to follow a podcast program or follow a language learning program. Travel time can be used to update news, expand knowledge in certain areas or learn new languages.

10. Talk to friends and family

During the long day you may not have much time to talk, so take this time to call your parents, chat with someone special or text friends, as long as you are not driving.



11. Check social network accounts

If you don't drive, use your phone or tablet to surf social networks, share information or comment .

12. Sleep

Depending on your distance of travel, you may have a nap to regain energy. Hockett said: " *Research shows that a 10-to-15-minute nap can have a very positive effect on the body and mind. Set the alarm and close your eyes .*"



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