

Ninja Life Hacks – Daily Mastery Checklist

Your ultimate one-page guide to simplify daily living. Curated by **Medihertz Blogs** (blog.medihertz.com). Use this printable every day to stay productive, healthy, and calm.

Morning Hacks

- Drink a full glass of water upon waking
- Stretch for 5 minutes (Sun Salutation or gentle yoga)
- Write 3 things you're grateful for in a journal
- Meditate for 5 minutes with slow breathing

Work Hacks

- Use a 25-min focus timer (Pomodoro)
- Batch-check emails 2-3 times/day
- Desk yoga: shoulder rolls, seated twist, wrist stretches
- Keep a reusable water bottle at your desk

Home Hacks

- Declutter one small area daily
- Use eco-friendly cleaning products
- Meal prep for the next day to reduce stress
- Practice mindful cooking – slow down & enjoy

Evening Hacks

- Digital detox 1 hour before bed
- 5-minute bedtime stretches
- Reflect on 3 wins of the day in your journal
- Set your top 3 tasks for tomorrow

Exercises & Yoga

- Mountain Pose – stand tall, feet grounded
- Forward Fold – release tension

- Seated Twist – improve digestion

Meditation Wisdom

- 'Inhale calm, exhale stress.'
- 'I am centered and present.'
- 'Peace begins with me.'

Anger Management Tips

- Pause and take 3 deep breaths
- Step away for a moment to cool down
- Write your feelings in a journal instead of reacting

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