

TAKE SHORTER SHOWERS

Clock how much time you spend in the shower and then figure out ways you can do it in less time. Some people turn off the water while shaving or lathering their hair. You can create a playlist that plays the length of time you want your shower to take and then use it as a challenge to finish before the music is over. Whatever you do, if you reduce your shower time each day, that's found time for doing something else!