



LIFE HACKS: EVERYDAY SOLUTIONS FOR AN EFFORTLESS LIFE

By Mark - The University of Canberra

Abstract

Life hacks are clever and practical tips, tricks, or techniques that simplify and improve various aspects of everyday life in Canberra. These ingenious shortcuts offer efficient solutions to common challenges, saving time, effort, and resources. From household chores to productivity, organization, and self-improvement, life hacks cater to a wide range of needs.

1. Introduction

Life hacks often involve using everyday objects or adopting unconventional approaches to achieve desired outcomes. Whether it's repurposing household items, streamlining workflows, or optimizing routines, these hacks empower individuals to overcome obstacles and enhance their overall lifestyle. With the power to boost productivity, reduce stress, and increase convenience, life hacks have become a valuable resource for individuals in Canberra seeking to make the most out of their daily experiences. Explore this PDF to learn some great life hacks.

2. Life-Changing Morning Routine Hacks That'll Get You Out the Door Faster

The a.m. struggle is real. Whether you need to fit in a morning workout in Canberra, look put-together for a corporate job, drag kids through a morning routine for school, or simply fit a whole getting-ready routine into 30 minutes, getting out the door (on time, no less) in the morning is a challenge for everyone. After all, there's a lot to do in a finite period of time. If hectic mornings start your days off on a sour note, check out these life-changing morning routine ideas—those early hours might just become your favorite of the day.

The first step to a better morning routine is to evaluate what's really important, prepare as much as possible the night before, and cut out any extra steps for a more minimal morning schedule. Ultimately, creating a truly functional morning routine will make the rest of the day more positive and productive and less chaotic.

Keep in mind that sticking to your morning routine is just as important as planning one out. While a scheduled morning might feel more stressful in the beginning, once you learn to implement these strategies, you'll wonder how you ever started your day without them. (Next step: Once you get your morning routine down, try incorporating positive self-care activities such as morning stretches to make those early hours even better.)

Drink water as soon as you wake up

Keep a bottle of water next to your bed and drink it down before your feet hit the floor. Everyone is dehydrated when they wake up; replenishing fluids will give you instant energy and improve your overall health, wellness, and focus. You will also feel good knowing that you started your day with an act of self-care.

Don't waste time

Sitting in bed checking your email, social media, and the news is a time-suck. Wait until breakfast to check your phone and multi-task. No one expects a response before business hours unless there is a

true emergency. If you can't resist looking, consider switching to a standard alarm clock instead of using your phone.



Choose your outfit the night before

Mom was right: Picking out your clothes the night before is an easy way to simplify your morning routine. Go all the way with it—lay out everything you intend on wearing, from undergarments to accessories and outerwear. Stockpiling nude bras and underwear that go with every outfit can help simplify the process even more.

Prep your meals in advance

Making your lunch the night before to bring to work the next day can be a time-saver in the morning, but prepping your breakfast too is next-level. Consider easy meals you can make in bulk, such as overnight oats or a homemade frittata that's easy to reheat (store each portion in a microwave-safe container). You can even bake some healthy protein muffins. Anything you can eat without prepping or that you can quickly reheat will save you cooking and clean-up time.

If you prefer a healthy breakfast smoothie, prepare all of the ingredients in the blender the night before, leave it in the fridge, and throw in some ice before blending when you wake up. If you aren't a fan of meal prep, try some protein waffles, which can heat up in the toaster while you get ready.

Make coffee speedy

Get a coffee pot with a timer and set it the evening before or pre-load single-serving pods. Bottled or pre-made cold brew is an even faster option.

Sort your medications and supplements

If you take multiple supplements or medications, trying to sort them in the morning and making sure you don't forget anything, especially if you're tired, can add minutes and stress to your routine. The solution is simple: Buy a pill sorter or use a pharmacy that presorts your medications and supplements into individual packets.

Use a timer in the shower

Your morning shower can feel ultra-refreshing, but you are limited on luxuriating time. If you tend to take too long under the water, set a timer on your phone loud enough that you can hear it over the shower (and your singing). There's nothing like an irritating sound to get you moving. Be sure to pick an alarm you won't enjoy hearing such as sirens, ducks, or the ever-infectious Baby Shark. (This alarm trick can also help pace you through every part of your morning routine.)

Use fewer products

Save a few minutes by using multi-tasking products in the shower. Avoid bar soap, which can take a few minutes to lather, and use a shower oil instead. A cleansing oil product can replace your shower gel, shaving cream, and even post-shower body moisturizer.

Next, opt for skincare products that do double duty, like a serum that brightens and hydrates, so you can skip some steps in your routine.

Keep your makeup organized

Morning isn't the time to experiment with makeup. Having a go-to look for work helps keep things simple. Keep all your cosmetics for this look in one container or makeup case, and limit eye makeup to one palette, so you don't have to spend time looking for multiple colors. Leave your lipstick, gloss, and liner in your purse and apply them on the go.

Wash your hair the night before

Washing your hair in the morning can be a process for many people, so if you can skip this step, you should. If you must wash your hair in the morning, opt for a hair-dryer brush that can dry and style at the same time.

Keep your keys in one place

Nothing creates morning chaos quite like a set of missing keys. Install a hook or basket by the door and make sure you hang your house and car keys there every time you enter.

Prepare for minor emergencies

A minor emergency can become a major time-suck, so make sure you have everything you need on hand. For example, if you have a tendency to nick yourself shaving, make sure you always have bandages within easy reach.

The morning is also prime time for wardrobe malfunctions. Keep a fashion emergency kit on hand with helpful tools like a lint remover, safety pins, double-sided tape, adhesive buttons, a stain-removing pen, and more. Beauty tools like makeup remover and nail clippers, are also handy to keep around so that a hangnail or eyeliner mishap won't keep you from getting to work on time.

3. Summer Life Hacks You'll Wish You Knew Sooner



Save time and money in Canberra this summer with these homemade hacks for cleaning, organizing, and keeping bugs at bay.

Bleach sanitizes pool toys

Dip a sponge into a mixture of two cups of bleach and one gallon of water, then wipe down pool noodles and beach balls. Scrub off grime with a brush, and rinse with water. This is one of the ways you're not using bleach—but should.

Vinegar brightens patio furniture

Fill a spray bottle with white vinegar, and spritz over chairs and tables to remove mildew stains and prevent mold from forming.

Coffee grounds banish ants

Sprinkle some grounds near doorways. Coffee's high nitrogen content burns bugs, so they won't walk across it and into your home. Did you know that coffee has a lot more unusual uses that you didn't know before?

Flip-flops become doorstops

Cut a wedge of rubber from an old thong and use it to prop open a door and let the summer breeze in.

Dryer sheets repel bugs

Keep sheets of this laundry staple in a cup outdoors—they mask the human scent that attracts mosquitoes.

Foil cleans the grill

While the coals are still red-hot, lay a sheet of aluminum foil over the grates and close the grill's lid. The next time you grill, crumple up the foil and use it to scrub off the burned residue before you start cooking. Don't forget to browse these summer solstice facts to learn more about the longest day of the year.

Foil also catches ice cream cone drips

Keep little kiddos from making a mess of their clothes or your house by wrapping the bottom of an ice-cream cone (or a wedge of watermelon) with a piece of aluminum foil before handing it to them.

Baby powder gives beach sand the brush-off

How many times have you had a family member return from a day at the beach only to discover that a good portion of the beach is now dusting your dining room floor? Minimize the mess by sprinkling some baby powder over sweaty, sand-covered kids (and adults) before they enter the house. In addition to soaking up excess moisture, the powder makes sand incredibly easy to brush off.

Bathtub appliqués make a kiddie pool less slippery

A few bathtub appliqués applied to the floor of a kiddie pool will make it a lot less slippery for little feet and help prevent falls, especially if water play turns rowdy. You can also put a couple along the edges of the pool to give kids easy places to grip onto.

Bubble pack keeps soda cold

Wrap soft-drink cans with bubble pack to keep beverages refreshingly cold on hot summer days. Do the same for packages of frozen or chilled picnic foods. You can wrap ice cream just before you leave for the picnic to keep it firm en route.

Cat litter keeps tents must-free

Keep tents and sleeping bags smelling fresh and free of must when not in use. Pour cat litter into an old sock, tie the end, and store inside the bag or tent. Did you know that kitty litter can keep your windows from fogging up?

Club soda helps shuck oysters

If you love oysters in Canberra but find shucking them to be near-impossible, try soaking them in club soda before you shuck. The oysters won't exactly jump out of their shells, but they will be much easier to open. You could use this tip if you're planning a party for the first day of summer that has oysters on the menu.

Coffee cans keep toilet paper dry when camping

Bring a few empty coffee cans with you on your next camping trip. Use them to keep toilet paper dry in rainy weather or when you carry supplies in a canoe or boat.

Cooking spray de-bugs your car

When bugs smash into your car at 55 miles per hour, they really stick. Give your grille a spritz of nonstick cooking spray so you can just wipe away the insect debris. Prep your car for the heat with these other summer car tips you should know.

Cornstarch unsticks marshmallows

Ever buy a bag of marshmallows only to find them stuck together? No good for your s'mores-craving crowd. Add at least 1 teaspoon cornstarch to the bag and shake. The cornstarch will absorb the extra moisture and force most of the marshmallows apart. Repackage the remaining marshmallows in a container and freeze them to avoid sticking in the future.

4. Ten Hacks For Simplifying Your Life



These days in Canberra, it's almost a badge of honor to find ways to balance the chaos of our fast-paced lives. We feel accomplished for having emerged from under multiple deadlines and major challenges while finding time to live a seemingly impressive life. After all, it's all documented right there on social media, right?

What if, instead of trying to be the winner of the rat race, you decided to actually simplify your life? Not only is it possible, it's probably a lot healthier. Think about how life must have been 1000 years or even just 50 years ago. Are we really meant to subject ourselves to this level of stress and pressure?

If you've been feeling weighed down, rather than trying to find ways to make it all work, consider looking for things you can remove from your life. With a few subtle changes, you might be surprised by how much more time you have on your hands.

Get Rid of Unnecessary Stuff

Most of us have much more than we actually need. Despite this, a good sale or cool item may inspire us to add to our collection. In so many ways, our society reinforces this belief that possessions will

make us happy and will impress the people around us. This focus on the material keeps our minds and our homes cluttered. Chances are, there are things in your closet that you haven't thought about in years.

Set aside some time for a decluttering session. Consider donating items and think about the fact that someone out there might be very grateful for something you no longer need. Sell whatever is appropriate and then throw away the rest. It's incredible how many of us are holding onto items that are damaged and broken with the goal of fixing them "someday." Unless it's truly valuable, let it go.

Get Rid of Unhelpful People

Relationships in Canberra are complex and require a significant investment of time. When everyone is putting in the time and effort, it's often worth the trouble but, if someone is draining your energy and adding nothing but negativity to your life, you may need to reevaluate some things.

It's tough to remove people from your life but, if it's a toxic dynamic, it may be better for everyone involved. Whether it's friends, family, a romantic partner or coworkers, an unhealthy relationship can leave you damaged and depleted. If you don't want to sever the connection entirely, you can always ask for a no-contact break. If they don't respect how you are feeling, then you know this isn't someone who has your best interests at heart. Do what you need to do

Start Meal Planning

Most of us can relate to that sinking feeling at the end of the day when you're not sure what to eat for dinner. You wonder if whatever you have in your fridge or pantry is enough to throw together a meal but, too often, just end up hitting a drive-thru or ordering pizza.

At first, meal planning can seem like a bit of a chore but, over time, it will save you time and money. Come up with a list of things that are easy to cook and tasty to eat along with the necessary ingredients. On Sunday, pick up everything you need for the week and then assign each meal its own day. Stick with it and, after a couple weeks, you will see how much easier it is to have a plan.

Create a Morning Ritual

It's tempting to hit that snooze button a few times when our alarms go off in the morning but we all know what that's going to mean — another frazzled morning spent running around getting dressed and gathering what we need for the day.

An alternative is to create a ritual that gets your morning off to a more positive start. The night before, lay out your clothes, pack your bag and then go to bed at a reasonable time. Set your alarm for half an hour earlier than you need so that you can do something that makes you feel good such as yoga, a short walk around the block or sipping a hot beverage by a window. Make the choice to do this every morning and reap the benefits throughout the day.

Unplug from Technology

We are so tethered to our devices that it's hard to believe that just a few years ago, none of this even existed. We had to make eye contact and interact with a human to get anything done. We watched movies and listened to music without being distracted by a phone. We wrote handwritten letters and actually thought about how we felt when communicating with each other. Now, we just rattle off text messages without even thinking about it.

While it's probably not realistic to go off the grid entirely, we can make a conscious effort to unplug from technology when it's not needed (especially at bedtime!). Try leaving your phone in your purse

or pocket during a dinner date or turning off the television in favor of playing a board game. Reconnect with yourself and others by being present in the moment without being pulled into notifications on a device.

Deactivate Social Media

How many times have you picked up your phone to scroll through the same feed for the millionth time in an hour? It's so ingrained in our culture right now that we do it automatically and subconsciously now — and it's a little sad, to be honest

We often complain that we don't have enough time to do all that we need to do in a day but, really, we waste so much of it by staring down at a screen. It doesn't have to be permanent but deactivating social media, even for just a few days, can help remind us of what's truly important. Once you get past the uncomfortable feeling of not being connected, you will be stunned by how much time you gain by putting down your phone.

Organize Everything

It can be time-consuming to go through and organize different areas of our lives but it's better than wasting time trying to find the shoes we need to wear or the bill we need to pay. Instead of wasting another panicked minute tracking down lost items, come up with a better system.

As soon as you're finished using something, put it back where it belongs. That way, everything will be where it's supposed to be when you need it. If need be, pick up some bins, folders or containers to help you tame the madness. It will feel (and look) so good

Downsize in Every Way

It's much easier to be organized and prepared when you are a minimalist. As I mentioned, we tend to have more things and people around us than we need. Downsizing can really simplify your life so that you can focus your attention on what really matters.

In addition to shedding possessions and ending relationships that no longer serve you, it may also be helpful to reduce your number of commitments. If you're struggling with running the carpool or have too many lunch dates on your calendar, learn to say no. While it's great to give back and also spend time with friends, it's also important to have boundaries.

Address Your Debt

Whether it's student loans, a car payment or a credit card balance, most of us owe some sort of debt. Many will bury their heads in the sand, unaware of how much they really owe or how long it will take to repay what's owing. There's this mentality that, if we do the minimum and pretend it's not there, it will go away — but it won't.

Challenge yourself to get up close and personal with your debt. Learn about the interest rates and explore options for lowering them, if possible. Review your credit report and address any problems you find. Contact your debtors and find out if they will work with you to get your debt paid off faster. Instead of ignoring your financial problems, face them head on. It will feel great to have one less thing to worry about.

5. Life Hacks to Make You Happier at Work



Success does not lead to happiness; rather, happiness leads to success in Canberra.

The happier you are, the more successful you will be. Happy business people are far more productive. Here are 11 tips on how to be happier at work:

1: If you wake up in the morning and tell yourself you are going to work, then you are doing it wrong.

Have you ever seen a musician that is unhappy at work? They are successful as they do what they love doing. I love this quote by Confucius: "find an occupation you love and you'll never work a day in your life."

How can you tell what your business passion is? Ask yourself this simple question: "Who is a rock star to me in business?" For me there are a few, including Richard Branson for his positive attitude, Steve Jobs for his innovation and simplistic product development genius and Warren Buffett for his long term investing strategy.

Put all 3 of the aforementioned rock stars of mine together and you have the blue print for my business passion, which is long term technology venture capital investments in incredibly happy/positive visionaries that think they can change the world!

2: Don't ever start a company with the sole intention of making money; some people are so poor that all they have is money.

Don't worry about money early in your career; if you follow your passion, then everything else will fall into place. Many of my business school students want to become an investment banker but then they hate it and they are miserable once they start. Don't make money your master or you will never be happy at work.

3: Golf often.

I golf often because I love meeting people, having fun and learning about them. Golf is so relaxing too and gets you into a happier state. I love getting to know business partners and customers while playing golf.

4: Laugh at your failures!

Laugh at your failures and shortfalls and you will enjoy your profession and live a much longer happier life! Self-deprecation is an admirable trait. Find humor in all stressful situations. This instantly changes your state and will help you to focus on turning a crisis into an opportunity.

Comedy is often a result of tragedy plus time. Rather than be depressed given a perceived failure, smile and cheer up because your future incredible success in business is a result of that failure. You will be grateful later in life that you 'failed' if this failure pushes you to find your business passion (it often does)!

5: Listen to your spouse.

Your spouse knows what makes you happy in business. Remind them often what your business passions are. In return, they will remind you what you love in life and reinforce and hence help guide and remind you what you are on this earth to accomplish in business.

6: Fail fast.

If your start-up doesn't succeed in 1-2 years, then then you should be happier if you consider failing fast and moving on to your plan B. Don't worry as you can always start another company at some point in your life. Success and happiness in business is merely a result of multiple perceived failures. I love this quote from Michael Jordan: "I have failed over and over again in my life and that is why I succeed."

7: Personal gratitude and happiness.

You will be much more successful in business if you have sincere personal gratitude for what you have. Years ago I read The Art of Happiness by the Dalai Lama. He said that in western society people are so unhappy as we tend to compare ourselves to those that have more than us. By contrast, those that live in second, or third world countries are happier than we are as they focus on what is important in life, like family and friends and a beautiful day!

If we are grateful for at least one different thing in our lives every day and help others that are less fortunate, then we will all lead more fulfilled lives. At night when I say prayers with my 3 wonderful children, I always make them thank God for something different every day.

8: Follow your heroes.

Use Twitter to follow your business heroes who always seem happy with their lives (i.e., Richard Branson). They often tweet incredibly motivational and happy quotes that resonate well with me. I love their short snippets of optimism, happiness, hope and best practices.

9: Small clients are more work than large clients.

Don't waste your time trying to get small clients. Elephant hunt. You will find that small customers are often more work than large customers! You'll be happier if you can generate more revenue from fewer clients.

6. Cleaning Hacks Lazy People Will Appreciate



If your home needs a good scrubbing and you are too lazy to do so, you must adopt some cleaning hacks

Cleaning hacks can help you spruce up your home quickly and remove dirt and grime to keep indoor air quality healthy and hygienic.

If your home has many stains and spills or needs a more intensive cleaning, you should hire bond cleaning Canberra professionals to help you out.

These experts offer detailed and high-quality cleaning for your oven and BBQ, carpets, and in general, for your whole home to help make your place look neat. But between these deep cleanings, it is also a good idea to follow these 10 cleaning hacks that even a lazy person can do easily:

1. Use Your Dishwasher To Clean More Than Just Dishes

Your dishwasher is a lifesaving tool that quickly cleans up your dirty dishes and utensils. But you can also use your dishwasher to clean several other tools and items in your home, like:

Kitchen sponges

Exhaust fan covers

Fridge shelves

Toothbrush holders

Soap dishes

Light fixtures

Hairbrushes

Facial brushes

Bath toys

Just place these items in sections in your dishwasher and run the cycle so they get cleaned and sanitised.

2. Remove Hard Water Stains With A Lemon

Another great cleaning hack that even bond cleaners in Canberra recommend is to use a lemon wedge to clean hard water stains. You can cut a lemon in half, remove the seeds and then wipe your faucets and sinks with this wedge. Leave it for 10 minutes so the citric acid in the lemon can cut through the calcium and magnesium minerals in hard water. Then wipe the surfaces with a microfiber cloth and watch the stains disappear.

3. Eliminate Dust Mites From Your Mattresses With Baking Soda

Your mattresses accumulate household dust mites, dirt and dead skin cells, which can attract bacteria and germs. To clean your mattresses easily, you can sprinkle baking soda all over them. The alkaline baking soda will soak up foul odours and break down and remove dust and grime. After two hours, you can vacuum your mattress and place it in the sun to kill any remaining bacteria and germs.

4. Place Liners In Your Fridge To Collect Food Bits

It is a hard task scrubbing and cleaning stuck food bits and grime from your fridge. To make this task easier, you can hire bond cleaning professionals in Canberra to clean out your fridge or start placing liners in your fridge to collect all these food bits and grease. You can then wipe these liners down easily or put them in the machine for washing.

5. Wipe Off Dust From Blinds With Rubber Tongs

If your blinds haven't been cleaned in a while, they are likely full of dust and grime that can affect indoor air quality and release allergens in your home. Thus, it is important that you clean your blinds to prevent the spread of these allergens, and you can do this by using rubber tongs. Place microfiber cloths over each tong and fasten them with a rubber band so that they stay in place. Now, run these tongs over each blind and shake off the dust from each section before proceeding to the next slat.

6. Collect Dirt From Couches Using Rubber Gloves

One of the best cleaning hacks for lazy people is to use rubber gloves to collect dirt and dust from your couches. If you do not like taking out the vacuum every time guests come over or if your pet's hair is all over your couch, all you need to do is to put on some rubber gloves. Now run these gloves over your couch and watch how the dirt and hair get collected easily.

7. Get Rid Of Grease And Oil Splatters From Your Oven

If your oven has a foul odour, this could be due to a buildup of stubborn food bits and grease. To clean this, bond cleaners in Canberra suggest using good old vinegar. The acetic acid in white vinegar can cut through even the toughest grease and oil spots and loosen them so you can wipe them off easily. Place a bowl filled with two cups of water and one cup of vinegar and heat it in the oven. Once the solution has boiled, you can wipe off all the grease and oil particles with a microfiber cloth.

Tip:

Here are some more oven cleaning tips for your home.



8. Clean Scum Off Your Shower Head Using Vinegar

White vinegar is also very effective in removing scum from your shower head and improving water quality. To do this, you should fill a plastic bag with one cup of vinegar and one cup of warm water and place it over your showerhead. Fasten the showerhead with rubber bands and leave it overnight so the acid can loosen even the toughest scum. In the morning, you can remove the plastic bag and wipe the showerhead to remove dirt and grime.

Tip:

You can also use vinegar for other household cleaning purposes.

9. Make Stainless Steel Look New Again With Olive Oil

The simplest way to make your stainless steel appliances and utensils look brand new again is by dabbing two drops of olive oil on a microfiber cloth. Now wipe your stainless steel appliances with this cloth and move toward the grain to avoid scratches. Then buff the appliances using a paper towel and watch how they shine and sparkle!

10. Introduce Cleaning Sessions In Between Daily Tasks

Lastly, one of the easiest hacks a lazy person can adopt is to make cleaning sessions a part of their daily routine. For instance, if you are waiting for the food delivery guy to come, you can clean the entryway, or while you wait for the water to heat, you can wipe the stove and countertops. You can also do these cleaning sessions after completing your tasks, like wiping the sink after brushing your teeth and more.

Tip:

Here are some cleaning hacks to get your home guest-ready.

The above cleaning hacks will make even the laziest person enjoy a good cleaning session at home. The trick is to use natural solutions that will be effective for a long time and help you quickly get your home back into shape.

7. Conclusion

Ultimately, life hacks inspire creativity, problem-solving, and resourcefulness, helping individuals tackle life's challenges with confidence and ease.

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