

# [Updated] Bill Gates Daily Routine and Lifestyle 2023

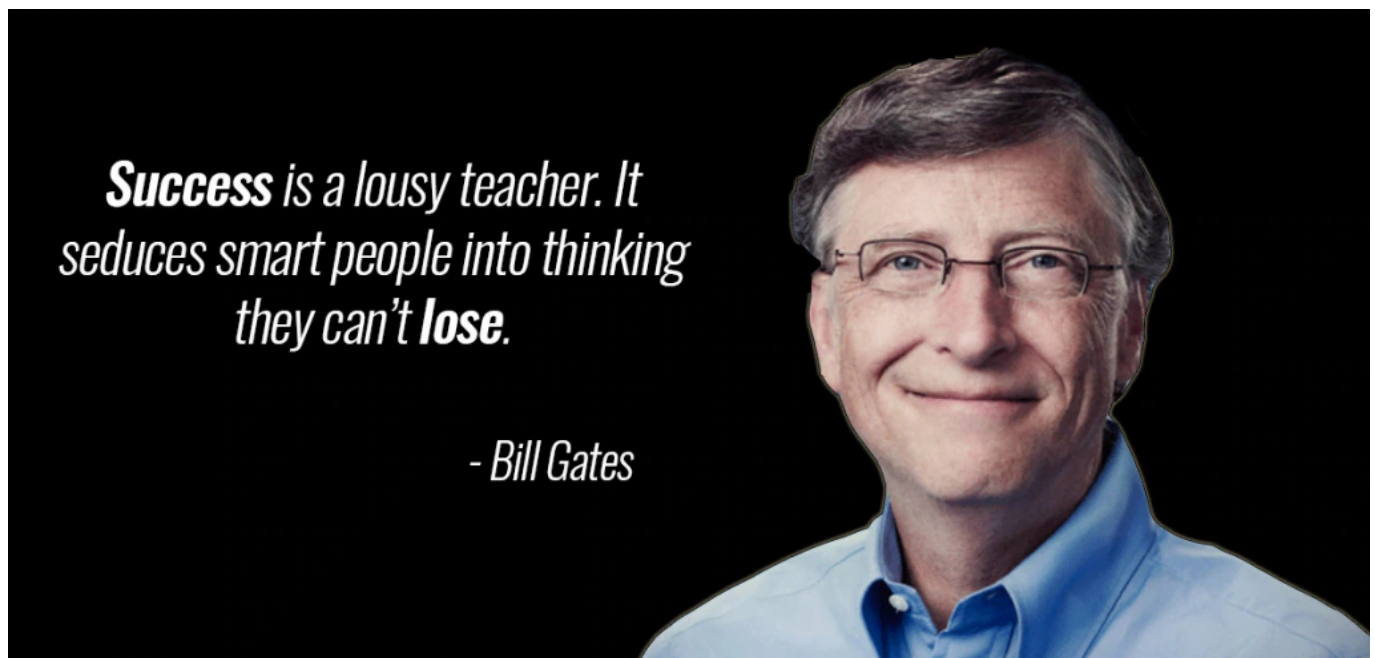
written by admin | October 17, 2022

Bill gates is one of the most successful people in the world. It is very interesting to know the daily routine and habits of Most Successful people, because they are full of learnings. Bill gates maintains his work-life balance adequately by following a scheduled routine. He emphasizes on reading news and books, 5 minute schedule for day, washing the dishes.

Though the daily routine of Bill Gates might be varied, Here are the daily tasks performed by him.

## Who is Bill Gates ?

William Henry Gates III (born October 28, 1955) is an American business magnate, software developer, investor, author, and philanthropist. He is a co-founder of Microsoft Corporation, along with his late childhood friend Paul Allen. During his career at Microsoft, Gates held the positions of chairman, chief executive officer (CEO), president, and chief software architect, while also being the largest individual shareholder until May 2014. He is considered one of the best-known entrepreneurs of the microcomputer revolution of the 1970s and 1980s.



## Mornings

- **He starts his day with Exercise**

Bill gates starts his day in his private GYM with warm excercises such as treadmill, cardio, etc. Morning excercise keeps him active and kicky throughout the day. This is one of the reasons Bill Gates earning millions of rupees everyday. He works out for around an hour in morning. He also watches a DVD named "Great Courses" by The Teaching Company.

- **He reads News and Business Headlines**

After the excercise, Bill Gates reads News and Business Headlines from famous newspapers such as The New York Times, The Wall Street Journal and Economist. He reads particularly about Health.

- **He speaks about his views through Twitter**

Bill Gates often loves to share his thoughts and learnings from NEWS he read in the newspapers through social media such as twitter.

## Afternoon

- **He Breaks down his routine into minutes**

Bill gates, is known for breaking down the tasks of the day in 5 minute intervals. He keeps on noting down result of every 5 minutes. Also he keeps track of his plans. Elon Musk is also known for following the similar kind of strategy.

- **He reads a book everyday**

One of the key skills successfull people are famous for is reading books. Bill gates takes out time from his daily schedule to read a book. It is claimed, that Bill gates reads almost 50 books a year. That is almost one book everyweek.

Some famous books he was interested are – *Upheaval by Jared Diamond, Nine Pints by Rose George*, etc.

- **He spends his time with his 3 children**

Bill gates spends his family time with his children. In an Interview with cut, Milinda gates revealed –

*"Bill and our daughter Phoebe and I try to have dinner as often as we can together, usually around 6 p.m., sometimes as late as 7 p.m. Dinner is usually a mix of whatever Phoebe and Bill and I like – anything from Mexican food to Asian to steak dinners or fish. I try not to work after dinner – that was kind of a mantra I made for myself about four years ago. I'll often read, talk with Bill, and then, generally, I'll watch something relaxing before bedtime with Bill or Phoebe."*

# Evening

- **He washes the dishes every night**

Bill Gates is known for washing the dishes every night himself. This is something that keeps him to the ground, and makes him realize the true value of a human being. He says *“other people do volunteer, but I like the way that I do it”*

- **He gets at least 7 hours of sleep**

Gates makes sure that he gets adequate amount of sleep to make him feel fresh the next day. Lack of sleep can lead to poor attention and alertness, it can also lead to health problems. So, he tried to get at least 7 hours of sleep daily.

## Habits to Learn from Bill Gates' Schedule

### 2. **5 Minute Scheduling**

Time is most important asset, that most successful person in the world would also worry about. This is the reason Bill Gates tries to break down his day into 5 minute intervals. This would mean if not preplanned, a task should not last more than 5 minutes. For example, talking and guiding someone on the phone, having breakfast, etc.

### 4. **Reading 50 books a year + NEWS Reading**

Reading 1 book every week is the source of knowledge for Bill Gates. News lets him know everything happening around the world.



## Daily Income of Bill Gates

Bill gates earns around \$10,959,000 daily. Source. – [caknowledge](#)

## Learnings from Bill Gates

- He is always Learning
- He reads Everything
- He gives credits to others
- He trusts his own judgement
- He is conservative with cash
- He learns from his mistakes
- He gets lots of sleep
- He really concentrates on what he's doing