

[Full Schedule] Elon Musk Daily routine: Habits and Schedule in 2023

written by Sharu | October 23, 2022

It takes hard work, dedication, and determination to build an empire and fly your flag high. Especially in the field of business and technology, it takes a billion tons of effort to sustain yourself in the field. One such person who fits into the sentence referred to is Elon Musk, CEO of Tesla Motors.

He was just like an ordinary man like all of us, what made him achieve in his life? How did he become one of the most influential people on the Globe? Well, the answer to these questions is time. Yes, we all have 24 hours in common, it depends on how well we make use of our precious time, let's take a look at his daily routine to know how well he manages his time, his way of life, his daily habits, and interest.

Who is Elon Musk?

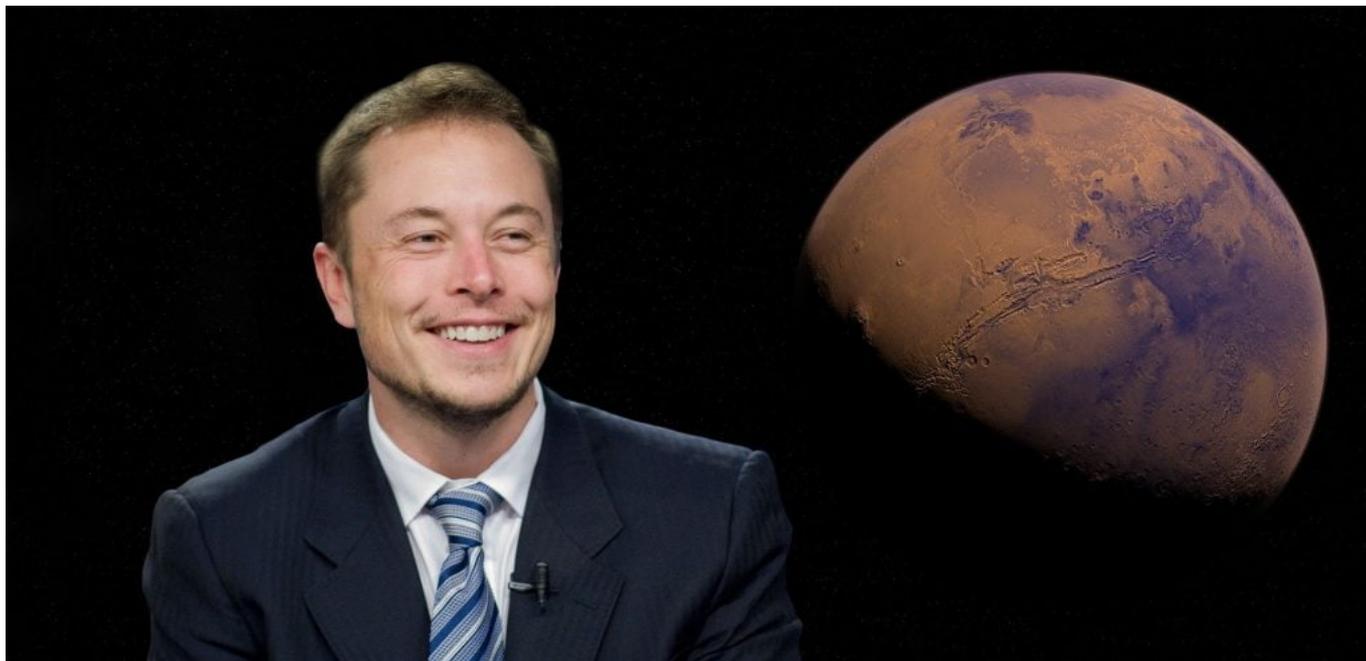
Elon Musk is one of the most influential persons on the globe. He is an entrepreneur and a business magnate, and the co-founder, CEO and chief engineer at SpaceX, also he is the early stage investor, CEO, and product Architect of Tesla, co-founder of The Boring company and the co-founder of Neuralink and OpenAI, Elon Musk is the richest person in the world as of September 2021. Besides his business profile, he had multiple cameos and appearances in films such as Iron Man 2 (2010), Why him? (2019), Black: International (2019), he has appeared on several famous television series like The Big Bang Theory (2015), South Park (2016), Rick and Morty (2019) and Saturday Night Live (2021). He has also given his contribution to documentaries namely Racing Extinction (2015) and the Werner Herzog directed Lo and Behold (2016). Musk has also received several recognitions and awards for his contribution and success.



elon musk 5 min rule

Early life

At the tender age of ten (10) Musk developed an interest video games and computing and pursued Commodore VIC-20. Using a manual, he learnt computer programming and by the age of twelve, he sold the code of a Basic-based video game. His childhood was not really pleasant, he was an introverted person and doesn't socialise much, he was always at this school, he was even hospitalised once after few groups of boys injured him. His parents got divorced in the year 1980, he mostly grew up with his father who was a South African electromechanical engineer, pilot, sailor, consultant, and property developer. Musk describes his father as a terrible human being.



Elon musk daily income

Mornings

- **He wakes up at 7 in the morning**

Elon wakes up at 7 in the morning, he says that he prefers to sleep for around 6-7 hours a day, as peaceful sleep is very much essential, and if he doesn't sleep properly, it affects his daily routine, a good sleep actually keeps him fresh throughout the day. After waking up he takes a shower and has his breakfast. On most of the days he skips his breakfast on busy days, on such occasions he prefers to have an omelette.

- **He spends time with his children**

He sends his children to school and he drives off to his work, it is very much appreciating that he has a balance in his personal and professional life.

- **He uses his time wisely**

He is good at multitasking, which is evident in how he handles SpaceX and Tesla, he manages to work and contribute efficiently to both of these. He really doesn't focus much on his emails and phone calls and he does all efficient tasks to save his time. He spends Mondays and Fridays at SpaceX and the other days at Tesla

Afternoon

- **Noon for meetings**

He mostly spends his noon in the meetings, and involves himself in the design projects.

- **Avoids unnecessary meetings**

He avoids unnecessary meetings in order to save his time, he even stops the ongoing meeting if he feels that the time is being wasted.

- **He values time**

His lunch is usually after the meeting hours. This man values time so much.

Evening

- **Satisfying dinner**

After a hectic day, Elon consumes most of his calories during night time, he confesses that he eats a lot to satisfy his hunger. He loves diet coke, French food and barbeque, whiskey and wine.

- **Time for himself**

He returns around 10 pm every day, he spends the next few hours for himself. He probably reads or watches anime. And goes to bed at 1 am.



elon musk diet

Habits and Unknown facts

Apart from his lavish lifestyle and his successful profile, there are many unknown things about Musk. Here are a few.

- Musk created a video game at 12, sold it for \$500
- Musk has six children, all of whom are boys
- Musk has founded eight companies to date
- Musk is big X-Men fan
- Musk dropped out of Stanford in two days

Personal interest, hobbies and skills

When Elon Musk does not eat, he enjoys French food and barbecue, he also enjoys wine and whisky.

- He also enjoys anime and likes to read books, he also likes to throw parties, despite his busy routine he enjoys watching series on Netflix and on HBO and is not much interested in social media.
- His soft skills include critical thinking, goal setting and resiliency.

Learning from Elon Musk:

Not all are born rich and meant to be successful, it is in you to build yourself. Success or failure, one should never stop himself from trying and dreaming in order to reach one's goals.