

[Full Schedule] Guy Raz Daily Routine and Lifestyle in 2023

written by Sharu | October 19, 2022

If you are someone to listen to podcasts regularly, then Guy Raz would be one of your favorite speakers, he is very much popular in the world of podcasts with a million listeners every single month. His podcasts are a journey away from your screens, inside your brain, out into space, and new stories in science and technology. Let's take a look at his daily routine and some facts about him.

Who is Guy Raz?

- Guy Raz is a Radio host journalist.
- He was born on November 9th, 1975.
- He is currently working at National Public Radio.
- He has been described as 'one of the most popular podcasters in history' by The New York Times.
- His podcasts have 19.2 million downloads every month.



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Daily Routine

Mornings of Raz

- **He wakes up at 5.30 am**

He is an early riser, he starts his day at 5.30 am in the morning and drinks a glass of water and checks his emails, and gets some of his works done.

- **Breakfast**

Besides being a popular journalist, he is a responsible husband and a father. He is married to Hannah, a lawyer, and the couple has two sons.

- He prepares breakfast for his two sons and gets them ready for school.
- He has his breakfast with his family.

- **Office hours**

He reaches his office by 8.30

Afternoons of Raz

- **Podcast**

He works for his podcast in the noon, his podcast has a million listeners every month.

Evenings of Raz

- **Family time**

After getting back home, he spends his evening with his wife and sons, and he showers his sons at 6 pm in jammies.

- **Dinner**

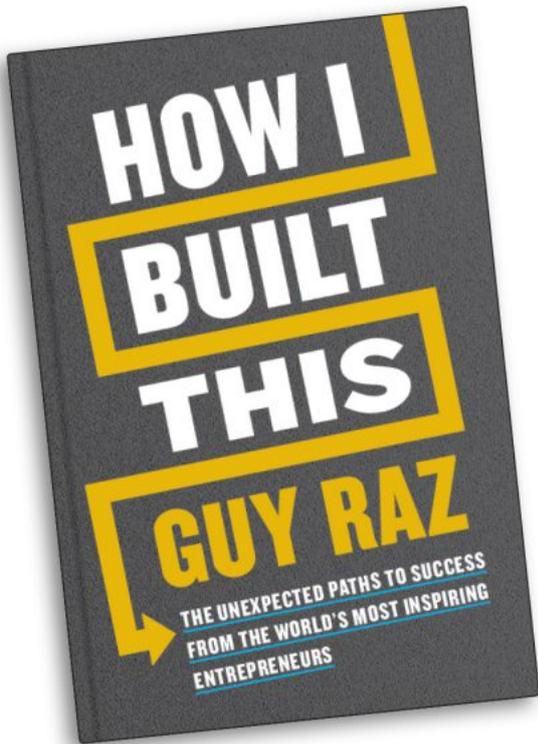
He has dinner around 7 pm with his family, the dinner would include chicken curry or stir fry.

- **Sleep routine**

He puts his boys to sleep around 8 pm, reads stories to them, and goes to bed at 10 pm after spending some time with his wife.

Personal Facts

- He is the co-creator of three NPR programs.
- In 2016, he became the first podcast creator to have 3 shows simultaneously in the Apple podcast.
- He became the youngest overseas-based bureau chief for NPR at the age of 25.
- He is also the creator of NPR's popular literary segment 'Three-minute fiction'.
- His work on German 'Leitkultur' was awarded the RIAS Berlin award.



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Guy Raz's Quotes to Inspire you Towards Success

- The only difference between them and you, at this moment, is that when opportunity presented itself, they went into the phone booth and put on the cape. They took the leap. That's basically it.
- Failing is scary. Wasting your life is dangerous.
- In my situation," he said, it was "staying at BCG that was dangerous but not scary. The danger was continuing to do something that didn't make me happy and getting to sixty-five years old and looking back and going, 'Oh my God, I wasted my life.'" Failing is scary. Wasting your life is dangerous.