

[Revealed] Jacinda Ardern Daily Routine, Lifestyle in 2023

written by Naveen Arora | October 17, 2022

Ardern is a leadership inspiration for many men and women across the globe, there is no surprise. She is widely appreciated for handling the Covid 19 pandemic in New Zealand, which proved her leadership skills and qualities. As the world's second elected head of the government, with no doubt, she is a real star. Let's take a look at her daily routine and some interesting facts.

Who is Jacinda Ardern?

- Jacinda Ardern is the 40th Prime minister of New Zealand.
- she supports the political party: Labour.
- She was born on 26th July 1980 in Hamilton, New Zealand.
- She graduated from the University of Waikato (BCS).
- She describes herself as a social democrat and a progressive.



jacinda breakfast

Daily Routine

Mornings of Jacinda Ardern

- **She is an early riser**

Being one of the most influential persons with a workload and huge responsibilities, her day starts early in the morning at 6 am.

- With her busy schedule, she says that she doesn't get enough time to spend with her daughter.
- In order to spend time with her daughter, if she doesn't see her daughter in the morning, she makes sure that she's there to put her to bed at night and she reads the newspaper when her daughter is sleeping so that she can spend time playing with her when she's awake.

Afternoons of Jacinda Ardern

- **Work hours**

Her afternoon is filled with appointments, meetings, question time in parliament, media interviews, government commitments, and more.

- **Lunch**

She does not skip any food and eats on time.

Evenings of Jacinda Ardern

- **Sleep routine**

After her busy schedule, she arrives home around 10.30, spends some time with her daughter, and goes to bed.



• jacinda ardern sleep routine

Personal Facts

- **Birth name:** Jacinda Kate Laurell Ardern
- **Birthdate:** July 26th, 1980.
- **Place:** Hamilton, New Zealand.
- **Education:** Waikato University, B.A.
- **Religion:** Agnostic.
- **Spouse:** Clarke Gayford.
- **Children:** Neve Te Aroha.

Learning from Jacinda Ardern

Here is what you can learn from Jacinda Ardern

- Leadership comes from learning.
- It's important to keep calm under pressure.
- Act decisively and do not downplay situations.
- Mental strength is important.
- Lead from the front.



jacinda daily routine

Jacinda Ardern's Quotes to Inspire You Towards Success

- One of the criticisms I've faced over the years is that I'm not aggressive enough or assertive enough, or maybe somehow, because I'm empathetic, it means I'm weak. I totally rebel against that. I refuse to believe that you cannot be both compassionate and strong.
- I want to be a good leader, not a good lady leader. I don't want to be known simply as the woman who gave birth.
- Back in the early days of my political career, I was called Socialist Cindy. I just hate the nickname Cindy.
- We aspire to be a government for all New Zealanders and one that will seize the opportunity to build a fairer, better New Zealand.
- If you sit and wait to feel like you are the most confident person in the room, you are probably going to be left by yourself.

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