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Level Up Your Day will show you how to create powerful routines using six essential areas to build a better life. This book is great for creatives, business owners, entrepreneurs, 9 to 5 workers, stay at home moms, students and authors because it gives actionable steps using the 80/20 principle.

Level Up Your Day: How to Maximize the 6 Essential Areas ...

Following a daily routine reduces the amount of stress that crops up when you're forced to make hundreds of decisions every single day. 3. Treat your peak hours as the most valuable by using them to complete the most important tasks on your list.

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open up the curtains or step outside for a few minutes to liven up your thinking and boost your energy 7 take a brisk shower work out in the middle of the day if your energy level starts to droop in the

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"Level Up Your Day" is a guaranteed winner that you can continue to review day after day by focusing in on one specific key area at a time, as the authors [Scott and Rebecca] suggest. For the price that is "Less than a cup of coffee" you will definitely gain great value from this title by levelling up your lifestyle.

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levels. Build in rewards and accountability that will actually motivate you to succeed. Recruit the right allies to your side and find powerful mentors for guidance.

Level Up Your Life

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Even if you miss a day, pick it back up rather than giving up on it entirely (like exercising). Do it enough times, you get into a groove of doing it without much thought (like brushing your teeth). For example, plan your meals for the week (like Mexican on Monday, Italian on Tuesday, etc. and create your grocery list).

Level Up Your Day Audiobook | S.J. Scott, Rebecca ...

TEXT #1 : Introduction Level Up Your Day How To Maximize The 6 Essential Areas Of Your Daily Routine By J. K. Rowling - Jun 29, 2020 ~ Free eBook Level Up Your Day How To Maximize The 6 Essential Areas Of Your Daily Routine ~, level up your day how to maximize the 6 essential areas of your daily

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Shetland is to remain at level one of the Covid-19 restrictions, the First Minister has confirmed. Nicola Sturgeon said today Shetland was among 19 council areas set to see no change in the current level of measures in place. However, she pleaded with folk not to assume that the lesser restrictions means they can “ease up”.

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