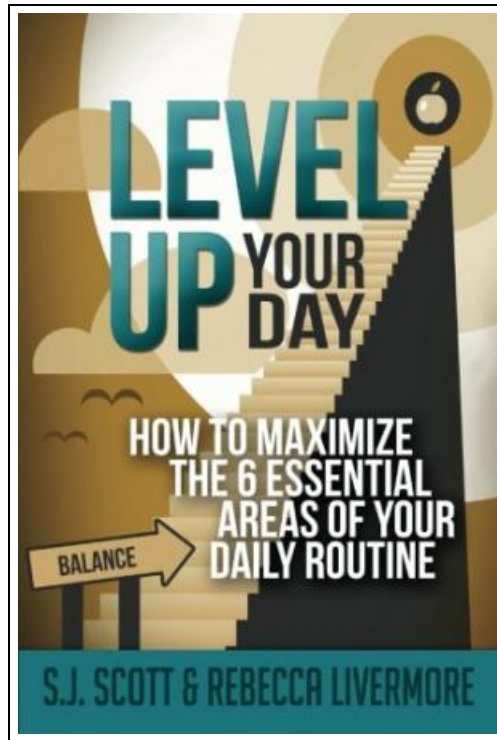


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LEVEL UP YOUR DAY: HOW TO MAXIMIZE THE 6 ESSENTIAL AREAS OF YOUR DAILY ROUTINE

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER:: How to Find Your Work-Life Balance with a Powerful Daily Routine Imagine what your life would be like if your days were filled with purpose, productivity and time to enjoy the little things. (Instead of chaos, overwhelm and exhaustion.) You can make this happen by building a daily routine that perfectly blends your personality with your career and personal obligations. Unfortunately, it isn't always easy to stick to a day-to-day ritual. You might be so busy that you can't add anything else to your crowded schedule. Or you might be following advice that doesn't match who you are. (Like forcing yourself to wake up at 5 a.m. when you work best late at night.) So what's the secret to creating a daily routine that sticks? The answer: Build one that matches your natural energy levels and gives you the flexibility to meet all of your day-to-day obligations. LEARN:: How to Find (and Focus on) the 80/20 of Your Daily Activities The trick to finding that work-life balance is to be intentional with how you spend your time. You can do this by applying the 80/20 rule, which states that you achieve 80 of your results from 20 of your effort. This principle applies to all areas of life. Right now, only a handful of the activities you do each day will have the biggest impact on your life -- whether you're at work, at home or enjoying a hobby. All you have to do is identify these activities and focus on them instead of worrying about time-wasting activities. The great thing about this principle is that, once you re...



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