



MY IDEAL

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ROUTINE



1. WAKE UP

6.20am



2. JOURNAL

6.25am

500ML



3. HYDRATE

6.40am



4. EXERCISE

7.00am



5. HOT BATH

7.15am



6. DRESS

7.25am



7. HAIR + MAKE UP

7.45am



8. BREAKFAST

8.00am



9. START YOUR DAY

8.15am

Morning Routine Top

Garrison P. Sherwood, Burns Mantle

Morning Routine Top:

The Best Morning Routines Charles Thomas ,2019-01-16 Do you need morning routines or habits You came to the right place In this book you will learn 30 morning routines to help you start afresh be more productive and motivated Download this book now and enjoy your morning [Effective Morning Routines](#): Jonathan K. Hari,2025-06-23 Morning Routines for Success How to Start Your Day Like High Achievers Boost Productivity Focus and Energy with Powerful Morning Habits Imagine waking up each morning feeling energized focused and ready to take on the day with confidence What if you could transform your mornings from chaotic and sluggish to intentional and powerful This book is your ultimate guide to mastering the first hours of your day unlocking the secrets that top performers and high achievers use to fuel their success Whether you re struggling with motivation battling the snooze button or simply looking to optimize your routine this practical and research backed guide will show you exactly how to create a morning that sets the foundation for a productive fulfilling life Inside This Book You ll Discover The Power of Mornings Why Your Day Starts the Night Before Winning the Battle Against the Snooze Button Hydrate Move Breathe The Ultimate Wake Up Trio Mindfulness and Meditation Cultivating a Focused Mind Exercise and Movement Energizing Your Body for the Day Planning Your Day The Art of Prioritization and Goal Setting Morning Routines of the World s Most Successful People Packed with actionable insights expert strategies and easy to implement techniques this book will help you break bad habits build a morning routine that works for YOU and create lasting change that leads to success in every area of your life Scroll Up and Grab Your Copy Today *Undeniable Success: How to Climb to the Top and Stay There* Santiago Rafael Moreno,2025-08-19 Why Do Some People Reach the Pinnacle of Their Field and Stay There While Others Who Work Just as Hard Quickly Fall Off You ve been told the formula is simple have a passion and work hard But you ve seen it yourself talented ambitious people who achieve a moment of success only to burn out get complacent or be knocked from their perch by the first wave of adversity The hard truth is that hard work is just the price of entry It s not the secret to winning The world s most enduringly successful people in business sports and the arts don t just have a different work ethic they operate by a different set of rules They don t just climb the mountain they build a fortress at the summit *Undeniable Success* is the unflinching practical playbook that deconstructs these rules This is your guide to not only reaching the top of your field but creating a foundation of power resilience and influence that keeps you there Inside this blueprint for elite achievement you will discover The Science of the Ascent Master the relentless habits strategic focus and non negotiable disciplines required to outwork out think and out maneuver the competition on your journey to the top The Art of Staying There This is the missing piece Uncover the crucial often ignored strategies for navigating the psychology of success building a defensive moat around your achievements and avoiding the self sabotage that causes so many to fail How to Forge an Unbreakable Mindset Learn to cultivate the mental toughness to thrive under pressure turn setbacks into fuel and maintain a relentless drive long after motivation has faded This is the operating system

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Olly Sheehan **The Mind Coach** **The Balance Equation: Find Your Formula for Living Your Best Life** Rob Fiance, Stuart Rosenblum, 2023-03-23 Struggling to Live Your Best Life This breakthrough book shows those who feel overwhelmed or just unable to find balance how to move closer to this elusive and vitally important goal Virtually everyone struggles to stay balanced and carve out time for the things that are most important to them a task that is increasingly difficult in today's frenetic world In **The Balance Equation Find Your Formula for Living Your Best Life** authors Rob Fiance and Stuart Rosenblum offer a simple but comprehensive program for balancing the four life categories of self health relationships and

money Thier proprietary concept called Micro moves™ making small changes that immediately begin addressing problem areas helps readers achieve their priorities and begin living their best lives without a huge disruption or drain of time Complete with exercises and case studies The Balance Equation™ helps those who are ready to live their best lives take action and develop their own personal formula for doing exactly that American Foundation for Suicide Prevention will receive a portion of the proceeds of each book Reviews I've already embraced the concept of micro moves tiny activities that take almost no time at all Such as meditate for one minute I'm not a meditating type person but for only one minute Yeah I can do that Julie Mayerson Brown author of top selling contemporary women's fiction novels I have just read The Balance Equation and I realized how the principles outlined would have been so useful to me when I was high ranking executive at a major movie studio In that kind of position it was almost necessary to be consumed by my job and therefore sacrificing and short changing so many other aspects of my life The ideas put forth in the book would have helped my life in a much more healthy happy and self satisfying manner Barry London Vice Chairman of Paramount Pictures retired Our limited definition of success has created a culture of rudderless ambition The Balance Equation is an invaluable resource a paradigm shift that trades antiquated notions of success and guides us to truly examine our lives so we can discover new definitions that include not only greater wealth but also optimum health peace of mind meaning purpose and service to others Alan Watt founder of L A Writers Lab and bestselling author of The 90 Day Novel [The Hill-top Girl](#) L. T. Meade,1906 **Report on the Training Systems for the Navy and Mercantile Marine of England, and on the Naval Training System of France, Made to the Bureau of Equipment and Recruiting, U.S. Navy Department Sept., 1879** French Ensor Chadwick,1880 *Senate documents* ,1880 [One Hundred Best Sermons for Special Days and Occasions](#) Gerard Benjamin Fleet Hallock,1923 *The Ultimate Prompt Engineering Guide* Engr. Motaher Hossain,2026-02-16 The Ultimate Prompt Engineering Guide AI Strategies for Entrepreneurs Digital Marketers By Engr Motaher Hossain Artificial Intelligence is reshaping the global business landscape But while AI tools are becoming more powerful every day most people still struggle to unlock their true potential The Ultimate Prompt Engineering Guide is a strategic practical and business focused handbook designed to help entrepreneurs and digital marketers master the art of communicating with AI This book goes beyond theory It delivers structured frameworks real world business use cases high performing prompt templates and actionable AI strategies that can immediately be applied to marketing branding automation and online growth A Message from the Author According to Engr Motaher Hossain the future of business belongs to those who understand how to guide AI not just use it With years of experience in digital marketing SEO strategy automation systems and online business development he has worked at the intersection of technology and entrepreneurship Through this book he shares practical insights tested prompt structures and strategic methodologies that help professionals move from basic AI users to AI driven decision makers His mission is simple To help entrepreneurs scale smarter marketers perform better and businesses operate more efficiently

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