



MY IDEAL

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ROUTINE



1. WAKE UP

6.20am



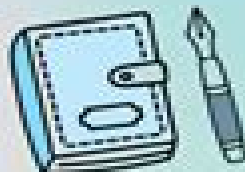
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

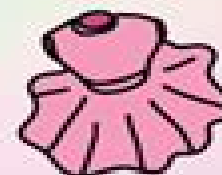
8.00am

500ML



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

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Favour Emeli



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The Optimistic Seekers □ **Keys to Greatness: A Guide to Establishing a Successful, Happy, and Fulfilled Life - Spirit Edition** Joel Rodriguez Creator of The EMBS Systematic Process, 2019-06-18 Joel Rodriguez grew up in poverty but through hard work he found himself with status and money Finally he had what he desperately wanted as a young boy but he felt empty While he was chasing his dreams he neglected other areas of his life including his family and friends Keys to Greatness teaches a systematic process that will help you establish direction and balance Drawing on his own experiences the author provides a step by step course of action on finding success happiness and fulfillment He answers questions such as Why do so many people feel unhappy and unfulfilled What steps can you take to achieve true fulfillment What is the definition of true success How can you overcome obstacles The author also shares a FOCUS Process which is a complete step by step course of actions with simple concepts practical techniques and no nonsense tools and resources that will help you achieve your goals

Corfu; Cat Tales under Lockdown - a diary Lynne Sayer, 2022-10-01 A cancelled flight opened a new chapter in Lynne's life Along with her husband she was stranded on the beautiful island of Corfu Greece For the first time in her 75 years this wife and grandmother of 10 had time to herself This was a unique period in Lynne's life and a dramatic time in the history of the world Covid19 was dislocating and destroying the lives of so many people Against the backdrop of the pandemic Lynne was able to draw positivity and simple pleasures from her beautiful surroundings and most importantly of all derive great joy and delight from the local cat population A review of the book from Dr Lee Durrell This book is about cats of course enchanting and extraordinary creatures that they are each with its own loveable character and temperament It is also about the magic of Corfu its profusion of spring wildflowers melodies of sheep bells and centuries old traditions But there is much more going on here Lynne Sayer's diary ranges from current global events to deeply personal ones We hear about covid Brexit and threats to American democracy as well as the doings of her children and grandchildren in lockdown England This is well worth a read as a chronicle of our times and for cat lovers everywhere The modest purchase price goes towards improving the lives of stray cats and kittens in Lynne's region of Corfu The book ends with a heartfelt appeal to contribute to the work of Kassiope Cats Meow which is the best way to help the brave little cats I for one could not resist it Lee Durrell Corfu October 2021

Dog's Best Friend Mark Derr, 2004-04 A comprehensive humane and bemused tour of the dog human relationship Dog's Best Friend combines anecdote research and reportage to illuminate our complex rapport with our cherished canine companions Tracking our national obsession with an animal that now outnumbers children in American households Mark Derr chronicles the evolution of the culture of the dog from the prehistoric domestication of tamed wolves to the modern horrors of overbreeding and inbreeding Passionate about his subject and intent on sharing his zeal Derr defends dogs with wit and flare producing here a quirky informative and fitting tribute to our love affair with canines big and small

[Drink Lightly](#) Natasha David, 2022-04-05 When I think mixing I usually think music not drinks

Natasha David's *Drink Lightly* made me think twice. This set of recipes for non alcoholic and low alcoholic cocktails does the perfect thing which is to show us how to make our lives a little better and it does it over and over again. *Questlove Explore* the lighter side of serious cocktails with 100 recipes for creative low and no alcohol drinks from the craft cocktail veteran behind New York City's beloved Nitecap bar. **ONE OF THE BEST COOKBOOKS OF THE YEAR** *Saveur* *Drink Lightly* presents a relaxed style of drinking that goes down easy but is soundly rooted in the technical precision of craft cocktails. Award winning bartender Natasha David's approach to low alcohol aperitif style drinks goes far beyond the formulaic bitter liqueur plus soda and takes full advantage of an incredible and vast array of low proof spirits, liqueurs and wines along with flavorful fruit and herbal infusions. The result is a collection of creative genre pushing drinks that surprise and delight. Offerings are effervescent and light in effect but complex in flavor ranging from savory and herbal to floral and aromatic depending on your mood. Inspired by the joyful rhythms of life and gathering, recipes include delights such as the Lillet Rouge spiked Kitty Cat Chronicles and the Wiggle Room, a vermouth and soda on a tropical vacation. The drinks are organized by refreshing Gulpabale Thirst Quenchers that invigorate the soul, Party Starters for a crowd, Decadent Treats for some frothy indulgence, end of the night Slow Sippers and non alcoholic pick me ups. Served up with whimsy and a wink, *Drink Lightly* will delight novices and professionals alike with its joyful spirit and lighthearted offerings. [Not Today](#) Erica Schultz, Mike

Schultz, 2021-06-15 When their five year old son fought for his life, business leaders Erica and Mike Schultz learned a new way to live, work and succeed, discovering how to achieve extreme productivity with heart and purpose. Ari Schultz was an extraordinary baby, beginning life in a pitched battle against heart disease. The same year his parents launched their business and they had to keep it going strong even while living full time at the hospital for months on end. For the next five years Erica and Mike Schultz learned how to balance the demands of their jobs, commuting to the hospital and spending time with their growing family along the way, noting the tricks and techniques that allowed them to get work done even while living in the cardiac ICU and later through heartbreaking loss. After reflection and recovery, Mike and Erica codified their method of coping and working and set out to study the work habits of extremely productive people. They discovered what extremely productive people do differently than everyone else and went on to create *The Productivity Code*, a new approach to productivity that has helped tens of thousands of people manage their time for greatest effectiveness, fulfillment and happiness. Now Erica and Mike reveal the 9 Habits of Extreme Productivity along with easy to apply techniques including: How to stay focused and positive even in difficult times, Clearly defining your motivations through written goals and four three four planning, Helpful hacks to stop procrastinating, How to disrupt unproductive thought cycles and break bad habits for good, Changing your mindset to prioritize time doing things you love, Setting boundaries and saying no to tasks that don't serve you, Tricks to become impossible to distract, Working in powerful planned sprints to get in the zone, Finding ways to refuel your mental and physical energy, Resetting and correcting when you've gone off course, Interweaving their son's

poignant story with effective productivity and happiness strategies Not Today shows how anyone can better manage their time while living a more energetic and meaningful life **Your Best Just Got Better** Jason W. Womack,2012-01-05 Imagine if your best just got better every single day In Your Best Just Got Better productivity expert Jason Womack teaches readers that working longer hours doesn't make up for a flawed approach to productivity and performance Workers need to clarify their habits build mindset based strategies and be proactive Womack's signature workplace performance techniques offer specific strategies to consistently and incrementally improve performance Readers will Understand the fundamentals of workflow and the principles of human performance Arm themselves with the tools and the processes to get more of their work done on time with fewer resources and with less stress Making your best better won't happen overnight but learning how to effectively manage just a few critical success factors lead to an effective workday and an overall successful professional career *Leading and Standing Alone* Michael Lewis Wright,2022-06-30 *Leading and Standing Alone* is not only a great and vivid book it's something unique You may wonder why the answer is that it's a leadership book with an added value is an authentic leader's journey through the challenges of life the courage to face them even in the loneliness and the immense love for the family and the community *Leading and Standing Alone* is a role model a tribute to a great father a story of faith and perseverance Not to be missed Michael Lewis Wright Ed D has been a leader in post secondary and K 12 education for over 25 years After graduation from Arizona State University Wright began his career as a teacher and coach Throughout his leadership tenure Wright held various executive and senior executive positions and was the President and Chief Operating Officer of York Technical Institute in York Pennsylvania before becoming Superintendent of Blue Ridge Unified School District Lakeside Arizona *Dancing with Fireflies* Ernestine D. Harris,2006-10-09 An intriguing novel focusing on childhood sexual abuse and the value of nurturing relationships to overcome the aftermath *The Unofficial Guide to Making Money on eBay* Lynn Dralle,2006-04-13 The inside scoop for when you want more than the official line More than 430 000 people run full or part time businesses on eBay Whether you want to become a PowerSeller yourself supplement an established bricks and mortar business or just make some extra money by cleaning out your garage and attic this guide will help you get your merchandise going going gone It tells you how to do everything from opening your seller's account and listing your items to collecting the payments Chockfull of tips techniques and expert advice from The Queen of Auctions Lynn Dralle it includes Vital Information for maximizing your sales including the top ten eBay categories Insider Secrets on acquiring merchandise creating effective listings earning positive feedback and more Money Saving Techniques including the best ways to ship various types of merchandise Money Making Techniques such as selling collectibles individually rather than as a set Time Saving Tips such as setting up efficient areas for staging storage and shipping The Scoop on the latest trends including Buy It Now sales and eBay drop off stores *The Metabolism Boosting Guide: How to Burn Fat & Increase Energy Naturally* Jens Belner, Struggling with slow metabolism low energy or stubborn fat It's time to

take control of your body's natural fat burning potential The Metabolism Boosting Guide is your ultimate science backed roadmap to revving up your metabolism torching fat and skyrocketing energy levels naturally No crash diets no gimmicks just proven strategies to optimize your body's natural engine for long term results Inside This Book You ll Discover The science behind metabolism how your body burns fat and creates energy Best metabolism boosting foods from superfoods to the right proteins spices and hydration hacks Smart workouts that fire up calorie burn strength training HIIT and metabolism activating movement The impact of sleep stress and lifestyle on your metabolism and how to optimize them Meal timing fasting strategies to enhance fat loss without starving yourself The power of mindful eating micro habits for long term metabolic health How to overcome weight loss plateaus and maximize fat burning potential Why This Book Unlike generic weight loss guides this book dives deep into the science of metabolism and offers practical easy to follow solutions you can implement today whether you're a fitness newbie or looking to take your fat burning to the next level Turn Your Body Into a Fat Burning Machine

Better Than the Best Plan Lauren Morrill, 2019-06-25 Lauren Morrill's Better Than the Best Plan is a fresh funny romantic YA novel about a teenage girl who finds an unexpected silver lining in her life when plans get turned upside down Plans are made to be broken It's the last day of junior year and seventeen year old Ritzy short for Maritza is pretty sure she has a great plan Summer job check Hang with friends at the beach check Keep looking after herself as she's been doing since her mom bailed to follow her bliss check Or no check After someone reports that Ritzy is living alone a social worker shows up and puts her into foster care That's surprise enough Even more surprising Ritzy has been in foster care before as an infant and the woman who cared for her then takes her in again But maybe the greatest surprise of all for Ritzy is that living with her foster mother Kristin in Kristin's gorgeous house isn't all that bad And neither is the cute friendly boy next door If Ritzy's mom hadn't gotten her back all those years ago this is the life she could have had But is it the life she should have had When Ritzy's old life catches up with her new one she has some decisions to make Can she plan for the worst but still hope for the best

Master Time Management and Eliminate Procrastination: How to Maximize Output and Free Up Time Silas Mary, 2025-02-14 Procrastination is one of the greatest barriers to productivity but it doesn't have to control you This book explores the psychology of procrastination and offers proven techniques to overcome it You ll learn how to master time management break tasks into manageable steps and stay motivated to complete your work on time By overcoming procrastination you ll unlock the ability to manage your time effectively and get more done in less time This book teaches you how to create a structured routine that minimizes distractions and maximizes focus Whether you struggle with procrastination or simply want to enhance your time management skills this book will provide you with the tools you need to boost your productivity and free up time for what matters most

Master Yourself Before You Master Success - The Key to Unlocking True Potential Ahmed Musa , 2025-03-09 Master Yourself Before You Master Success The Key to Unlocking True Potential Success isn't just about strategy it's about mastering your mindset discipline and daily

actions Before you can build an empire achieve financial freedom or dominate in your field you must first take full control of yourself Master Yourself Before You Master Success is the ultimate guide to developing the mental toughness self discipline and resilience needed to unlock your true potential If you ve ever felt stuck overwhelmed or unsure of your next move this book will show you how to break through limitations take decisive action and create unstoppable momentum Inside you ll discover The Self Mastery Blueprint how to control your thoughts emotions and actions like a pro The Discipline Formula how to build unshakable habits that lead to long term success The Confidence Code how to develop bulletproof self belief and eliminate doubt The Mental Resilience Method how to handle setbacks failure and pressure like a champion The Execution Strategy how to stop overthinking and take massive action daily Success starts with you When you learn to master your thoughts emotions and habits you gain the power to conquer any challenge seize every opportunity and build the life you were meant to live Master yourself Master success Your transformation starts now *Success Routine Building* Jade Summers,2025-01-12 Unlock the Power of Success One Habit at a Time Do you feel stuck in the endless cycle of unproductive days The Success Habit Building Your Daily Routine for Achievement is your ultimate guide to transforming your daily habits into a powerhouse of productivity and growth Packed with real life examples actionable strategies and inspiring stories this book offers you the tools to Define success on your own terms Build a winning morning routine to set the tone for your day Master time management techniques like the Eisenhower Matrix and Pomodoro Technique Replace bad habits with empowering routines Stay motivated focused and on track toward your goals Step into a life of productivity fulfillment and achievement Ready to build the habits that create success Start today with The Success Habit *So Much Stuff, So Little Space* Susan Nations,Suzi Boyett,2002 Organize your stuff and maximize your space This inventive resource shows you how to create a supportive learning environment by setting up clearly defined spaces and user friendly storage Demonstrates ways to reduce clutter increase teacher efficiency and make the elementary classroom more inviting With ideas for the beginning of the year and for any time throughout this is an excellent resource for both seasoned and novice teachers *High-Performance Habits for Executives: Daily Routines to Maximize Your Leadership Edge* Favour Emeli,2025-01-28 The most successful executives don t just work hard they work smart High Performance Habits for Executives is a comprehensive guide that reveals the daily habits and routines of the world s top leaders This book provides a roadmap for executives who want to enhance their leadership skills optimize productivity and drive company success through high performance habits Learn how to start your day with intention prioritize your health master time management and develop a mindset that supports long term success In addition to daily routines this book provides insights into managing stress fostering team engagement and developing the mental resilience necessary for leadership in today s fast paced business world High Performance Habits for Executives is more than just a book on productivity it s a blueprint for cultivating the habits that help you lead with confidence and elevate your organization to new heights **Happiness Habits**

Sriram S,2021-11-24 When will you finally achieve Happiness With a new car Your next promotion The latest smartphone The truth With this chase Never Because there will always be that next upgrade The next target Does that mean you should leave everything and become a monk NOPE Happiness Habits is a guidebook to true happiness that s entwined with your daily life even as you navigate life and everything that comes with it **The Morning Mind** Dr. Robert Carter III,Kirti Salwe Carter, MBBS, MPH,2019-01-08 Unleash positive thinking and productive imagination and flip negative thoughts and behaviors into a lifetime to improve every aspect of your life each morning one day at a time Bad habits Bad feelings Bad mornings that turn into regrettable days Banish them all with simple brain hacks that flip negative thoughts and behaviors into positive productive ones The Morning Mind makes it easy Based on findings from neuroscience and medicine Dr Robert Carter and Dr Kirti Carter help you tamp down on the fear driven reptile brain and tap into the part linked to thinking and imagination With topics ranging from diet and hydration to exercise and meditation you ll find ideas for activating your brain and improving every aspect of your life Restore healthy cycles of waking and sleeping Block harmful cortisol hormones Boost mental performance Create calmer mornings Develop self discipline Stimulate creativity Improve your leadership skills Instead of dragging through your day learn to wake up refreshed recharge regularly and live better than ever From the moment the alarm clock rings The Morning Mind helps you greet each day with gusto *Personal Hygiene* Anna Gertrude Jacob,1928 **Unlock the Secrets of Millionaire Entrepreneurs: How the Wealthy Think and Scale** Silas Mary,2025-02-15 Book Description Wealth isn t just about luck it s about mindset strategy and smart execution In Unlock the Secrets of Millionaire Entrepreneurs How the Wealthy Think and Scale you ll discover the proven habits thought processes and business strategies that set millionaire entrepreneurs apart from the rest Success leaves clues and this book provides a step by step guide to Adopt the millionaire mindset and think like a high level entrepreneur Identify scalable opportunities that lead to exponential business growth Leverage smart financial strategies to build and sustain wealth Master risk taking and decision making to stay ahead in competitive markets Develop systems and automation that allow your business to grow without you Packed with real world case studies expert insights and practical tools this book reveals the mindset shifts and business moves that have helped entrepreneurs build and scale multi million dollar enterprises Millionaire success isn t a secret it s a strategy Learn how to think act and scale like the wealthy today

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