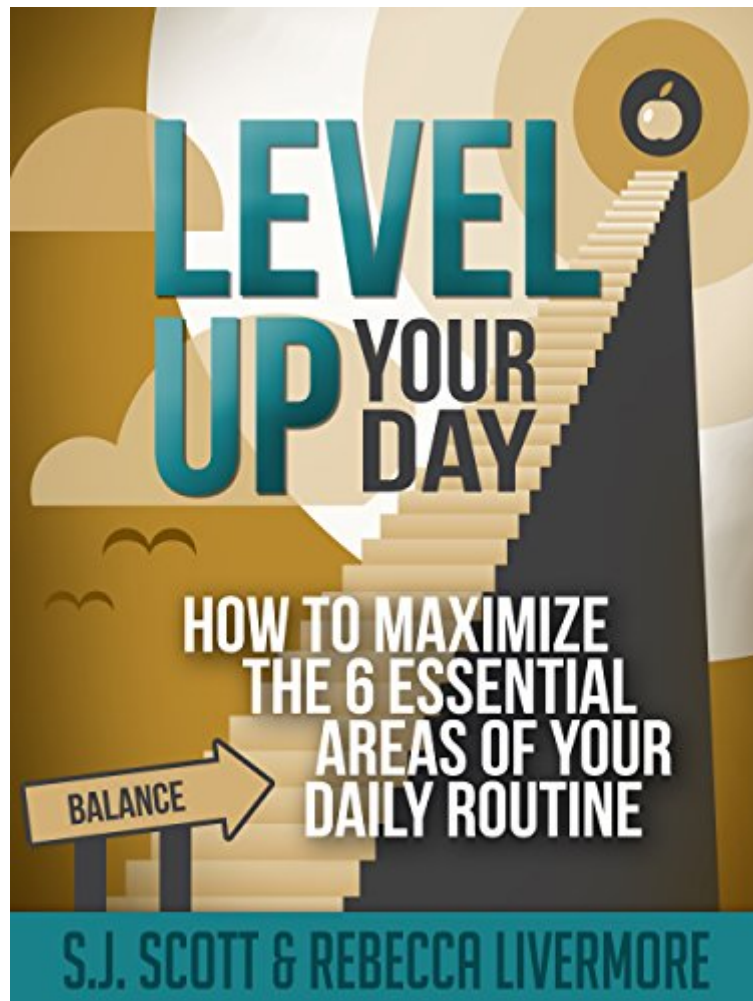


The book was found

Level Up Your Day: How To Maximize The 6 Essential Areas Of Your Daily Routine



Synopsis

Get the life of purpose and productivity you've always dreamed of! Despite your best efforts, your life is filled with chaos, overwhelm, and exhaustion. You yearn for purpose-filled living, productivity, and time to enjoy the little things. It seems impossible, but bestselling author S.J. Scott is here to show you how to find your ideal work-life balance with a powerful daily routine. There's no one routine that works for everybody. That's why you need to create one that matches your natural energy levels and gives you flexibility to meet your day-to-day obligations. Level Up Your Day teaches you how to be intentional with your time so you can ditch time-wasters and get the most from every experience. In this book, you'll learn: How to improve your sleep and energy renewal How to plan your meals and nutrition more effectively How to get regular exercise and constantly move for better health How to streamline repetitive tasks and household chores How to get the most out of your job or business How to be present during hobbies, relaxation, or other creative outlets And much, much more! Level Up Your Day: How to Maximize the 6 Essential Areas of Your Daily Routine includes multiple case studies that show how people like you have achieved their own day-to-day success. If you're overwhelmed and struggling, this book will help guide you to a fulfilling life. Begin building your powerful daily routine with the help of Scott and Livermore's inexpensive gem. Buy Level Up Your Day to start working smarter with less stress!

Book Information

File Size: 1284 KB

Print Length: 164 pages

Simultaneous Device Usage: Unlimited

Publisher: Oldtown Publishing LLC (December 20, 2014)

Publication Date: December 20, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00RAR9YRG

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #21,434 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18 in Â Kindle

Store > Kindle eBooks > Business & Money > Business Life > Time Management #37 in Kindle Store > Kindle eBooks > Business & Money > Skills > Time Management #79 in Kindle Store > Kindle eBooks > Business & Money > Skills

Customer Reviews

In another collaborative effort from authors Steve Scott and Rebecca Livermore, "LEVEL UP YOUR DAY" focuses on 6 key areas of your life in order to build up a daily routine that empowers your activities, enhances your thinking, and boosts energy levels to ensure you get the most out of your day/week. From building a morning routine to decluttering your house, you will feel both energized and refreshed once you implement the strategies introduced in this book. By implementing the 80/20 [Pareto] Principle, a strategy for focusing 20% of effort to achieve 80% results, Steve and Rebecca have provided readers with a book that builds a solid daily routine using real world techniques and strategies that are both motivating and empowering; you will be able to get the results you have always wanted with this system where most systems have failed. Here is a brief breakdown of the key points you can expect to find in each section.

1. Energy (sleep and renewal activities) In this section some key components you learn about are:
 1. the importance of sleep and energy renewal, as well as circadian rhythms;
 2. strategies for getting a good night's sleep; and
 3. how to feel energized throughout the day.
- Eating (general nutrition and meal planning) In this section some key components you learn about are:
 1. The importance of planning out your meals;
 2. Easy and fast recipe suggestions for breakfast, lunch and dinner;
 3. Steps to maximize your eating habits.
- Exercise (participating in a regular exercise program and moving around throughout the day) In this section some key components you learn about are:
 1. Why exercise is challenging;
 - 2.

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