

Level Up Your Day How To Maximize The 6 Essential Areas Of Daily Routine Kindle Edition Sj Scott

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<i>Level Up Your Day How To Maximize The 6 Essential Areas Of Daily Routine Kindle Edition Sj Scott</i>	2023-02-18
JESUS ZAYDEN	

90 Day Planner John Wiley & Sons

Reach your peak psychological potential with these 120 activities that challenge and build emotional strength, flexibility, and resiliency so you can overcome any obstacle. Mental toughness no longer has to be reserved for Navy Seals, world-class athletes, or high-powered CEOs. Now you can also experience this trait to help you succeed and reach your peak potential. You can train yourself to take on these challenges with ease. In Level Up, learn how to tackle any obstacle with composure, clear thinking, and dexterity. This activity-based book builds your mental strength through 120 exercises, prompts, quizzes, and more. These exercises will help you increase your mental focus, emotional resiliency, and psychological agility, all of which allow you to constantly evaluate where you are and keep pushing you closer to your goals. Work through your aspirations without getting bogged down by the obstacles and experience mental toughness—no matter how hard things get.

Free Apps, Games, and Tools for iPhone, iPad, Google Play, Kindle Fire, Web Browsers, Windows Phone, & Apple Watch Xlibris Corporation

DISCOVER:: Why Successful People Get More Things Done Before 9 A.M. Having trouble achieving your goals? The reason most people aren't successful is they fail to follow a day-by-day strategy. Instead they start each day, "hoping" they will have enough time to take action on their goals. If you closely examine the world's most successful people you'd see they start each day in an energized state, ready to accomplish any goal. What's their secret? The *one thing* they do differently is they prioritize each day so the most important task is completed first. Put simply, successful people have morning routines that help them feel energized and ready to focus on their most important goal. **START TODAY::** Live Each Day Like It's Your Last In "Wake Up Successful" you'll learn how to live every day like it's your last. No longer will you stumble out of bed and waste the first few hours. Instead, you'll learn how to start the day by creating energy and harnessing this power to focus on ONE breakthrough goal that will make a difference in your life. A morning routine is simple and effective. It's easy to tailor to your unique circumstances and goals. And, best of all, it's tested. Inside this book, you'll discover the proven strategies to help you get the most out of those precious first few hours. **DOWNLOAD::** Wake Up Successful - How to Increase Your Energy & Achieve Any Goal with a Morning Routine "Wake Up Successful" contains a step-by-step blueprint for creating a powerful morning ritual. Inside this guide you'll learn how to: ** Create a bedtime routine that sets up an energized morning** Use 25 tips to get a full night's rest** Follow the 8 strategies for boosting energy every morning** Build YOUR morning ritual, using two sample templates** Achieve any goal with an "Hour of Power" ** Use 15 examples to find your perfect daily goal activity** Turn a morning routine into a permanent habit You can become more successful every day. All you need is a step-by-step strategy for each morning. Would You Like To Know More? Download now and begin each day, ready to attack the world. Scroll to the top of the page and select the buy button.

Master Fasting: Level Up Your Life with a One Meal a Day Fasting Program Independently Published

No matter what you're going through, one thing is certain: God is ready to bless you. Join Kel Mitchell--pastor, actor, and famed comedian of Kenan & Kel--on a 90-day challenge to receive God's blessings and become a blessing to others. Kel knows what it's like to struggle through depression and addiction, but he also knows the power of God's presence to help you find freedom and the blessings in your life. As a youth pastor, Kel is passionate about sharing his testimony of hope with the next generation, and he wants to share it with you too. In Blessed Mode, Kel offers

90 powerful, practical devotions to help you: find freedom in God's life-changing presence. experience God's power through prayer. recognize God's many gifts in your life. share the blessings you've received with others. Get ready to level up your faith and celebrate the blessings God is giving you today.

The Nutritional Strategies and Recipes Behind Grand Tour Wins and Olympic Gold Medals John Wiley & Sons

The LEVEL UP: 90 Day Planner is perfect for those that want to focus on stepping their game up. The perfect size (7x10) for this 90 Day Undated Planner; So start anytime! Perfect tool to track your goals and money making tasks. Use this planner to help you focus on the bigger picture and to break down your tasks for the week and then the day. This 2 in 1 day planner will help you track your daily water intake, remind you to have breakfast, lunch and dinner as well as to zone in on your daily money making tasks. Plan your daily marketing efforts, whether it's through use of social media or email marketing. This planner will remind you to do those simple tasks to help you get into the rhythm and habit of Leveling Up your efforts in your business.

101 games to make every day more playful. from the author of THE FLOOR IS LAVA Institute for Human Progress and Development

"You are reading this book for a reason. Something in your career is not working-you are unhappy, tired, or stressed out. It's time to try something different." -Judith A. Rose, certified hypnotherapist, licensed clinical social worker, and registered nurse "If you are tired, your body is asking for help, and a few small changes can go a long way." -Holly Anne Shelowitz, board certified nutrition counselor, whole foods chef, and corporate health educator "When you feel great, anything is possible. You benefit from high-energy, focus, and the ability to make better, stronger decisions about your job and career." -Bob Mittleman, owner, Fitness Together Personal Training Studios, and eight-time marathon runner What is your energy level like at work? Do you find yourself dragging during the day and craving sugar, caffeine, and other highly processed carbohydrates for energy? Let author Deborah Brown-Volkman show you how you can have high-energy even with a hectic schedule and busy life. How To Feel Great At Work Every Day guides you through creating a practical plan to finding more energy to fuel your career. Instead of complicated suggestions and ideas, this book offers easy-to-understand steps you can implement in your career today.

Discover the Freedom to Be You Despite the Inherited Mindsets Holding You Back Headline Home

Level Up Your Life uses the principles of video games, movies, television, comic books, and pop culture to teach you how to transform your life in extraordinary ways and collect real-world experiences that are just as amazing and fulfilling as the adventures of comic book heroes and video game characters. Learn how to design your own personal Epic Quest of Awesome through advice on health, fitness, travel, and finance. Author Steve Kamb, the founder/creator of NerdFitness.com, leads you on a journey to discover the kind of game you want to play, including how to: • Develop a leveling structure • Create a personal Origin Story (every hero has a great origin story) • Determine what your Level 50 character will look like • Build your own quest lists • Hack your productivity, habits, and willpower to build momentum • Build in rewards and accountability • Add members to your party, expanding your community • Find your own personal Yoda or Morpheus (i.e. mentor) to help you along the way • Restart and earn Extra Lives (how to keep going when you get scared or stuck)

Level Up Your Life the Journal Rodale

Each day is a day of decision and our decisions determine our destiny" ~ Russel M. Nelson Do you find yourself filled with stress and anxiety while trying to manage your day? Do you feel frustrated on how to deal with difficult people and negative circumstances? Do you think your days pass by without achieving much? Find out how to develop success mindset and take full responsibility for your life, and how a few small shifts in your daily routines can help you design your life! Here is a

simple and practical solution Master You Day - Design Your Life- Develop Growth Mindset, Build Routines to Level-Up your Day, Deal Smartly with Outside World and Craft Your Dream Life In this fast-paced and practical Book you will learn what it takes to achieve the state of consistent performance and how to develop good habits and success mindset. The book contains a complete chapter on people management related issues, which explains how to deal with difficult people and other adverse circumstances It's based on science, cognitive neuropsychology and real-life examples and contains quick exercises to create momentum towards a happier, healthier and wealthier life. A Glimpse of What You should expect out of this Book: You would learn what types of growth mindset will simply design your life for extreme positivity and productivity. Learn the develop good habits and daily routines to imbibe in your mind to make your life work on sub-conscious level. Understand to implement effective daily reminders for achieving a calm and focused day. You will learn the best strategies for dealing with difficult people and smartly handle the people management issues including techniques like "CTT Technique" Learn how to effectively handle the adverse work pressures and how to show peak performance despite facing the failures. Understand the "3 minutes/3 Hours/3 Days" Rule for getting surrounded with achievers. If you are an introvert, no worries, learn how to be "Selectively Social" Learn the least heard "18:40:60 Rule" for prompting you to become more authentic. Learn the "PDF Principle" to improve productivity and stay longer in the game. And much more... So, how long will you wait for your circumstances to change without any action? How much longer will you ignore your true potential, which is just few habits and routines away? You can really design your life- but you have to master your day first. So don't keep waiting! Your time is NOW! Scroll to the top of the page and click the "BUY NOW" Button!

Master Your Day Design Your Life Level Up Your Day How to Maximize the 6 Essential Areas of Your Daily Routine

It's time for you to stop procrastinating and take action, the moment has arrived to level up! The secret is now out about the many benefits of the one meal a day fast. No longer is it considered counter-intuitive or a practice solely for religious guru's. Fasting on one meal a day is for EVERYONE and there are many examples of how it can also help YOU. Sometimes known as intermittent fasting, research has shown how abstaining from eating and giving the digestive system a break can propel you into a higher level of health, clarity, and all round well being. The one meal a day diet is perfect for both weight loss and muscle building. It is also beneficial for men or women. It will help increase your willpower to greater levels which you can then harness in other areas of your life. If you are a person who is striving to become the best version of yourself then this is for you, it is for people who want to take control of their lives and their health. In this book you will learn the following. The science behind the one meal a day fast. How to both start and maintain the process. How to handle those inevitable times when you want to give in. What is the best time to eat Some recipes to get you started. The consequences of NOT taking action. Living your life in good health will ensure that you are able to enjoy more happiness with your friends and family for many years to come. You owe it to yourself to lead the best life you can free from illness and disease, and this book will be a small piece of the puzzle in order to help you achieve that. So if this sounds like you then go ahead and click the 'add to cart' button. **Kindle version is FREE with paperback purchase**

Blessed Mode Independently Published

Presents a weight-loss program that focuses on increasing metabolism and improving the ventilatory threshold in order to shed pounds in record time.

Morning Magic I. C. Robledo

An instant New York Times bestseller and #1 Wall Street Journal bestseller. JIM KWIK, the world's #1 brain coach, has written the owner's manual for mental expansion and brain fitness. Limitless gives people the ability to accomplish more--more productivity, more transformation, more

personal success and business achievement--by changing their Mindset, Motivation, and Methods. These "3 M's" live in the pages of Limitless along with practical techniques that unlock the superpowers of your brain and change your habits. For over 25 years, Jim Kwik has worked closely with successful men and women who are at the top in their fields as actors, athletes, CEOs, and business leaders from all walks of life to unlock their true potential. In this groundbreaking book, he reveals the science-based practices and field-tested tips to accelerate self learning, communication, memory, focus, recall, and speed reading, to create fast, hard results. Learn how to: FLIP YOUR MINDSET Your brain is like a supercomputer and your thoughts program it to run. That's why the Kwik Brain process starts with unmasking assumptions, habits, and procrastinations that stifle you, redrawing the borders and boundaries of what you think is possible. It teaches you how to identify what you want in every aspect of your life, so you can move from negative thinking to positive possibilities. IGNITE YOUR MOTIVATION Uncovering what motivates you is the key that opens up limitless mental capacity. This is where Passion + Purpose + Energy meet to move you closer to your goals, while staying focused and clear. Your personal excitement will be sustainable with self-renewing inspirations. Your mind starts strong, stays strong, and drives further exponentially faster. MASTER THE METHOD We've applied the latest neuroscience for accelerated learning. Our process, programs, podcasts, and products unleash your brain's own superpowers. Finish a book 3x faster through speed reading (and remember every part of it), learn a new language in record time, and master new skills with ease. These are just a few of the life-changing self-help benefits. With Kwik Brain, you'll get brain-fit and level-up your mental performance. With the best Mindset, Motivation and Method, your powers become truly limitless.

Level Up Independently Published

Want to design your own video games? Let expert Scott Rogers show you how! If you want to design and build cutting-edge video games but aren't sure where to start, then the SECOND EDITION of the acclaimed *Level Up!* is for you! Written by leading video game expert Scott Rogers, who has designed the hits *Pac Man World*, *Maximo* and *SpongeBob Squarepants*, this updated edition provides clear and well-thought out examples that forgo theoretical gobbledegook with charmingly illustrated concepts and solutions based on years of professional experience. *Level Up!* 2nd Edition has been NEWLY EXPANDED to teach you how to develop marketable ideas, learn what perils and pitfalls await during a game's pre-production, production and post-production stages, and provide even more creative ideas to serve as fuel for your own projects including: Developing your game design from the spark of inspiration all the way to production Learning how to design the most exciting levels, the most precise controls, and the fiercest foes that will keep your players challenged Creating games for mobile and console systems - including detailed rules for touch and motion controls Monetizing your game from the design up Writing effective and professional design documents with the help of brand new examples *Level Up!* 2nd Edition is includes all-new content, an introduction by David "God of War" Jaffe and even a brand-new chili recipe -making it an even more indispensable guide for video game designers both "in the field" and the classroom. Grab your copy of *Level Up!* 2nd Edition and let's make a game!

The Guide to Great Video Game Design New Riders

There's a bold decision in your life you've been waiting to make, and every day passing by is a reminder of what hasn't happened. Conveniently tucked in a box labeled 'someday,' the fear of the unknown has taken a grip on your life and put your dreams on hold. Until now. Whether your leap is quitting the soul sucking job and starting your own business, taking a bold chance on love or finally going all in on your dreams, *The Leap of Your Life* is the ticket to get you there. All while having the time of your life and ensuring you don't wake up years down the line with a sinking feeling of regret. Author and high-performance coach Tommy Baker has helped thousands of everyday people identify and take their leap, step into courage and create a life they can't wait to wake up for. After interviewing 250+ of the world's most powerful entrepreneurs, thought leaders, experts, spiritual teachers and athletes he discovered a common theme: They all took a leap, even if they were full of fear—and it radically transformed their experience of life. If you're ready to: Re-define risk and stop playing small Step into the boldest version of yourself Give yourself permission to take a chance Live the Hero's Journey of your life story Eradicate regret and 'what could have been' . . . then look no further and order *The Leap Of Your Life* now!

iUniverse

This is a short description by the author, Michael Assibey-Bonsu, on how living the 365 principles for 365 days, found in this book, propelled him profoundly forward in life. The principles outlined in this book have completely shifted the way I see and view life on a day-to-day basis. Take, for

example, the three deepest internalized principles of self-awareness, complete expression, and three for eight and ten for thirty. At the beginning of 2017, when I began to internally understand and practice these, they allowed me to uncover and harness my passion, which had always been loosely tied to business and people. From becoming self-aware and understanding my passions, I began to completely express myself as who I am, nothing more and nothing less, which uncovered access to numerous untapped gifts and strengths I had no idea existed within me. This is how my startup companies of Nector and Digital Proof came into being and also how my latest project, Social Proof, is unfolding. These have all been created as a result of me following my passions, from self-awareness to completely expressing myself, together with living the 365 principles expressed in this book. From that point forward, the world and my purpose therein became clear, and the companies and teams I was able to build evolved effortlessly, as if an unseen yet guiding hand was directing me. I realized how everything had converged and, as a result, was able to continue adding more ideas and further innovation, which led to me understanding that I had tapped into my purpose, creating a bright and futuristic feeling. Thereafter, I followed the principle of three for eight and ten for thirty, which is the view that the future is bright and my purpose is even brighter. So the understanding that it will take a while to fully come to fruition leads to the realization and acceptance of the number of years I will have to keep moving toward my goals so as to reach who I was created to be. With these principles, the way is now clear, and I wake every day with a sense of fulfillment, regardless of the understanding of how long it may take. I now know what the end feels and looks like, which ultimately balances my passion and my purpose. This is such a powerful state of mind, and the greatest gift of wisdom that has been given to me by God the creator thus far. By positioning myself for greatness and following these 365 drops of wisdom, I wake up every day satisfied, before I've even reached my best self. These principles are not mine alone, but they are ours to share with all. I truly hope that my journey in following these 365 truths is emulated by many others and that they also reap the benefits and future they richly deserve. The present is bright, the past is forgotten, and the future is clear.

If You Do What You've Always Done You'll Get What You've Always Gotten Sound Wisdom ONE OF AMAZON'S BEST BUSINESS BOOKS OF 2018 ONE OF THE FINANCIAL TIMES BUSINESS BOOKS OF THE MONTH ON RELEASE ONE OF BUSINESS INSIDER'S BEST BUSINESS BOOKS TO READ THIS SUMMER A guide to the early morning habits that boost your productivity and relax you—featuring interviews with leaders like Arianna Huffington, General Stanley McChrystal, Marie Kondo, and more. Marie Kondo performs a quick tidying ritual to quiet her mind before leaving the house. The president of Pixar and Walt Disney Animation Studios, Ed Catmull, mixes three shots of espresso with three scoops of cocoa powder and two sweeteners. Fitness expert Jillian Michaels doesn't set an alarm, because her five-year-old jolts her from sleep by jumping into bed for a cuddle every morning. Part instruction manual, part someone else's diary, the authors of *My Morning Routine* interviewed sixty-four of today's most successful people, including three-time Olympic gold medalist Rebecca Soni, Twitter cofounder Biz Stone, and General Stanley McChrystal—and offer timeless advice on creating a routine of your own. Some routines are all about early morning exercise and spartan living; others are more leisurely and self-indulgent. What they have in common is they don't feel like a chore. Once you land on the right routine, you'll look forward to waking up. This comprehensive guide will show you how to get into a routine that works for you so that you can develop the habits that move you forward. Just as a Jenga stack is only as sturdy as its foundational blocks, the choices we make throughout our day depend on the intentions we set in the morning. Like it or not, our morning habits form the stack that our whole day is built on. Whether you want to boost your productivity, implement a workout or meditation routine, or just learn to roll with the punches in the morning, this book has you covered.

How to Increase Your Energy and Achieve Any Goal with a Morning Routine BenBella Books

Ready to transform your body and mind into the healthiest, happiest you? You're going to need enthusiasm, an open mind, and a good deal of grit. In *It Takes Grit*, fitness expert and mindset coach Rebecca Louise shares a practical no-BS guide to take your workouts, health, and motivation to the next level—along with a 30-day challenge to kick-start your results. Through her ultrapopular YouTube channel and social media, Rebecca Louise has helped millions of people improve their mindset and achieve their wellness goals. Rebecca knows what it's like to feel lost, unable to find the right career, live broke, go through a divorce, and struggle with a negative relationship with food. It wasn't until she changed her mindset and started to master high-performance habits that she truly found her way to a career she loved and a healthy lifestyle. Now,

in *It Takes Grit*, Rebecca shares her tried-and-true tools to lock onto your purpose, uncover your inner grit, and get in the right mindset to go after your goals. She shares: • Her 10-step guide to getting results in all areas of your life • An action plan to get started, no matter where you are right now • Tips to create a meal plan and training routine you can stick to forever • How to get and stay motivated no matter what life throws at you • Interactive tasks after each chapter to master your daily habits Rebecca also shares her 30-day targeted daily workout program (with bonus online workout videos), to make sure you're never overworking your body, recipes for every meal, and daily tasks that will help you get to the next level. *It Takes Grit* will give you the tools needed to take control of your health and happiness.

How to Redefine Risk, Quit Waiting For 'Someday,' and Live Boldly Advantage Media Group Increase your employees'—and your own—productivity at work If you look out over today's workforce, you'll find millions of hard-working people who are overly tired, overly stressed, and less than enchanted with work. For organizations around the globe, this represents an incredible opportunity to improve productivity, talent retention, innovation, and overall profitability. The great paradox here is that when you take hard-working, responsible adults with a desire to succeed and a sense of responsibility and drop them into our demanding work culture, they tend to default to a way of life that sabotages their ability and best efforts to reach their goals. That's where author Andy Core comes in. *Change Your Day, Not Your Life* offers a proven strategy to help you become energized at work. This book is designed as a resource for work-life balance, a tool to help you increase productivity during the final two hours of work by up to 47 percent, content to fuel employee communication, and curriculum that departments can use in weekly or monthly meetings to keep everyone working at their best. Author Andy Core is a credentialed, award-winning thought leader on increasing employee engagement, productivity, and wellness motivation; his talent lies in helping hard-working, conscientious adults thrive at work and in their personal lives. Turn wasted hours into tasks accomplished by following the methods found in *Change Your Day, Not Your Life*.

Hot for Food All Day Penguin

More than 100 utterly simple, crazy-delicious vegan recipes that satisfy cravings all day, everyday, from YouTube guru and bestselling author of *Vegan Comfort Classics* Lauren Toyota. "I'm really looking forward to whipping up all of the delicious vegan meals in *Hot for Food All Day*."—Jillian Harris, bestselling co-author of *Fraiche Food*, *Full Hearts Buffalo* chicken crunch wraps. The "spiced" grilled cheese. Stuffed breakfast danishes. Tokyo street fries. These are some of the totally taste-bud-pleasing dishes that are within your reach in *Hot for Food All Day*, a collection of Lauren's mind-blowing recipes for breakfast, lunch, dinner, and everything in between. With her signature bold style, Lauren guides you, step by step, through her favorite everyday dishes, using tips and tricks to level up leftovers, saving you from eating the same thing twice. Filled with drool-worthy photography for every recipe, as well as tasty ideas for entertaining and getting your snack on, Lauren shows why she's still hot for food, all day.

Easy Recipes to Level Up Your Vegan Meals [A Cookbook] Createspace Independent Publishing Platform

Get More Done Before 8 A.M. Than Most Will Do All Day Learn powerful and effective strategies to wake up refreshed, start the day with success, and create life on YOUR terms. Do you want to learn how to sleep better, wake up productive, and create a marvelous morning routine without all the hassle? *Morning Magic* is your cure to the morning blues. If you are tired of snoozing, being unproductive, and starting the day off on the wrong foot, then this book is your answer. This is a step-by-step guide to creating *Morning Magic*! What are the 4 Pillars of a Magical Morning? Waking up and beginning the day is not just about getting up when your alarm goes off. If you want to ensure your success, you must understand all the factors that go into waking up peacefully and having the energy to perform at a peak level. *Morning Magic* reveals the four pillars to a successful morning: Pillar #1: Bedtime Rituals Pillar #2: High-Quality Sleep Pillar #3: Waking Up Productive Pillar #4: Creating Morning Magic ...but I'm just not a "morning person" No one is born successful. Every successful person is self-made and determined. So are morning people. They just understand and do certain things, certain ways, that produce certain results. Learn all the key elements of a successful morning routine and how to create your own that will set you up for success each and every day! Do you constantly wake up and hit snooze? Learn how to implement the "no snooze policy" and wake up feeling refreshed. Not only will you learn how to improve your sleep, you will also learn how to wake up feeling enthusiastic and excited like a kid on Christmas morning. By creating a meaningful and powerful morning routine, you will look forward to waking

up and beginning each day on your own terms. Morning Magic provides powerful secrets that most people were never taught: 14 bedtime rituals to wind down for sleep 7 simple and effective sleep hacks for optimal rest Top 10 things to avoid before bed 12 Productive wake up strategies Sample morning routines 50+ morning activity ideas Create Your Very Own Morning Magic Do you want to get more done before 8 a.m. than most people will do all day? It is possible with the Morning Magic plan. You will learn powerful and effective strategies that are easy to implement. Learn how to create your own plan that ensures you start the day in a magical way. Here are a few of the areas you can improve with a powerful morning routine: Health and diet Planning your day Fitness and exercise Money and finances Family and love Relationships Hobbies and recreation Personal

improvement Learning and education Job and career Spirituality and prayer **FREE BONUS:** Download the Morning Magic Starter Kit As an added bonus to help you with your success, you can download the Morning Magic Starter Kit at no charge! The starter kit contains: Routine trackers Sleep journal Habit creation charts Morning and night affirmations And many more tools to increase your success! If you are ready to create a magical morning, a brighter future, and more success, then scroll up and click buy to give it a try!

Fuelling the Cycling Revolution John Wiley & Sons

Level Up Your DayHow to Maximize the 6 Essential Areas of Your Daily RoutineCreateSpace

Wake Up Successful Diamond Pocket Books Pvt Ltd

Level Up Your Life - The Journal, The 90-day game where you Level Up Your Real Life, not your video game character.It's not what you can do in the short term, its what you can sustain in the long term, You will have 90-day goals that will challenge you and force you to grow by facing your inner resistance and battling it daily.Entering the realm of growth can be confusing and scary so we stabilise yourself in the midst of confusion by setting monthly benchmarks and weekly targets to keep you on track, You earn daily Exp points by journaling daily - A plan of your day first thing when you wake up and a review of your day before you go to bed.Leave the comforts of the Shire and Level Up Today