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The Perfect Day Formula How To Own The Day And Control Your Life

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The Perfect Day Formula With Craig Ballantyne The Perfect Day

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My Perfect Day starts before my children wake up and I work on my business for 2 hours before the house even stirs. Thanks to applying Perfect Day Formula, my income has increased, my stress

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has decreased, and I ' ve become a better mother and wife. I ' m even close to getting my pre-pregnancy body back.

~~The Perfect Day Formula~~

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I read 'The Perfect Day Formula' in one day and could not put it down. Craig gives the tools to make getting the most of this one shot at life a daily habit and lose the daily bad habits that stamp out those good intentions. Craig's step by step guide and terminology

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seems to cut through a bewildering array of beliefs and values with instead a ...

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Here are the top ten take-aways for you: Wake up 15 minutes earlier. Avoid the snooze – just get up, and have something you ' re excited to get up for. This is the most quiet and productive part of the day, so take advantage of it. Work on the important things first in the morning, as even a few minutes a day can add up.

~~10 Lessons from the Perfect Day Formula | Purpose Up~~

The Perfect Day Formula gives you the methods (and in my case, the confidence) to set boundaries, be firm with yourself, and fiercely protect your schedule, so that you can build your empire AND have

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time for the things that matter: family, hobbies, and experiences. I've already started putting many other principles into play and have successfully achieved one Perfect Day.

~~The Perfect Day Formula - Craig Ballantyne~~

He suggested I read the book The Perfect Day Formula by Craig Ballantyne. GAME. CHANGED. I immediately downloaded and listened to the audio book. And I am so glad I did. (TIP: Listening to audiobooks while in the car is a great way to multitask when our busy schedules don ' t afford us the time to sit down and read). ...

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"The Perfect Day Formula" is a helpful book with very simple, common-sense advice on how to take control of your day by getting

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it off to a productive start. Okay, that is simplifying it a bit, because there is a "formula" for a successful day and a successful life.

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it off to a productive start. Okay, that is simplifying it a bit, because there is a "formula" for a successful day and a successful life.

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afternoons. Concentrate on what really matters in the evenings.

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The Perfect Day Formula is a formula based on things you DO control. As some people already know, that is a big secret to true success: focusing only on the things you control. Then you simply do the best you can with the rest. Get the book, read it, use it. The way you live the “ good life ” is to do it one perfect day at a time.

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~~The Perfect Day Formula — Incomparable Expert~~

Hi, I ' m Craig Ballantyne, the author of The Perfect Day Formula, and the new Wall Street Journal best-selling book, Unstoppable.

I ' m a high-paid coach, the creator of The Perfect Life Workshop (delivered worldwide) and two exclusive annual events, the founder of a multiple 7-figure fitness Empire, and more.

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The Perfect Day Formula includes the precise success formula the author has taught his own executive coaching clients to help them stop wasting time and get more done. The formula presented in Craig ' s book is based on focusing on the things around you that you can control as well as taking action each day in order to create a

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good life for yourself, the life that you define.

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