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

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open up the curtains or step outside for a few minutes to liven up your thinking and boost your energy 7 take a brisk shower work out in the middle of the day if your energy level starts to droop in the

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List, broken into categories and difficulty levels. Build in rewards and accountability that will actually motivate you to succeed. Recruit the right allies to your side and find powerful mentors for guidance.

## **Level Up Your Life**

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Even if you miss a day, pick it back up rather than giving up on it entirely (like exercising). Do it enough times, you get into a groove of doing it without much thought (like brushing your teeth). For example, plan your meals for the week (like Mexican on Monday, Italian on Tuesday, etc. and create your grocery list).

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Shetland is to remain at level one of the Covid-19 restrictions, the First Minister has confirmed. Nicola Sturgeon said today Shetland was among 19 council areas set to

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see no change in the current level of measures in place. However, she pleaded with folk not to assume that the lesser restrictions means they can “ease up”.

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