



Master Your Day Design Your Life: Develop Growth Mindset, Build Routines to Level-Up Your Day, Deal Smartly with the Outside World and Craft Your Dream Life (Paperback)

By Som Bathla

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you feel like a victim of your circumstances? - Do you suffer from self-doubting syndrome and keep second-guessing yourself? - Are you tired of waiting for your life to change? Find out how to take full ownership and responsibility of your life, and how a few small shifts in your every day routine can help you design your dream life! In this simple, fast-paced Book you will be learning what it takes to create the life you want. The Book elaborates the established theories about how working on your days following the principles psychology and real-life examples and contains quick exercises to create momentum towards a happier, healthier and wealthier life. A Glimpse of What You will get out of this short and effective Book: -You would learn what types of mindset will simply design your days for extreme positivity and productivity. -Learn the best rituals to imbibe in your mind and master your day. -Schedule effective daily reminders for achieving a calm...



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