

40 STEPS TO BECOMING HER IN 90 DAYS

ENVIRONMENT

- ☐ Deep clean your home
- ☐ Get rid of everything that does not spark joy
- ☐ Put something beautiful in every room
- ☐ Put up your vision board where you can see it every day

PERSONAL AESTHETIC

- ☐ Replace old clothes and accessories with things that fit you, flatter you, and make you feel fabulous
- ☐ Choose 3 signature hair styles that frame and flatter your face
- ☐ Get a signature fragrance and wear it daily
- ☐ Groom and polish your nails

FINANCES

- ☐ Build emergency fund of 6 months living expenses
- ☐ Invest in a low cost index fund every month
- ☐ Set up automatic monthly savings and investment account contributions
- ☐ Put bills on autopay
- ☐ Ask for a raise / start side hustle or business

MINDSET

- ☐ Gratitude journal every night
- ☐ Listen to positive affirmations regularly
- ☐ Speak about things in the positive, not the negative
- ☐ Journal daily to purge and process negative emotions

PERSONAL GROWTH

- ☐ Practice a physical skill (new sport, hobby) at least 3 times a week
- ☐ Practice a mental skill (language, instrument) at least 3 times a week
- ☐ Commit to a daily spiritual practice for 10 min (pray, meditate, etc)
- ☐ Read a book a month related to one of your goals
- ☐ Form and cultivate relationships regularly

HEALTH

- ☐ Drink at least 2 liters of water daily
- ☐ Workout / break a sweat 5 days a week
- ☐ Create a healthy meal prep plan
- ☐ Get in 10,000 steps a day
- ☐ Moisturize your skin and wear sunscreen daily

PURPOSE

- ☐ Make a vision board
- ☐ Find your ikigai
- ☐ Make 1, 5, and 10 year life plan
- ☐ Make statement of your ideal self
- ☐ Create morning and night routine and track it on a habit tracker

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Weekly Ad Morning Routine Last 90 Days

D Keegan



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Reviewing **Weekly Ad Morning Routine Last 90 Days**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Weekly Ad Morning Routine Last 90 Days**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Weekly Ad Morning Routine Last 90 Days Introduction

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