# 40 STEPS TO BECOMING HER IN 90 DAYS

#### ENVIRONMENT

- O 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
- O 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
- O 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

- O Dring 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

# PERELAPP

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**Padhraic Smyth** 

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# **Table of Contents Morning Routine Last 90 Days Download**

- 1. Understanding the eBook Morning Routine Last 90 Days Download
  - The Rise of Digital Reading Morning Routine Last 90 Days Download
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Morning Routine Last 90 Days Download
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - o Features to Look for in an Morning Routine Last 90 Days Download
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Morning Routine Last 90 Days Download
  - Personalized Recommendations
  - Morning Routine Last 90 Days Download User Reviews and Ratings
  - Morning Routine Last 90 Days Download and Bestseller Lists
- 5. Accessing Morning Routine Last 90 Days Download Free and Paid eBooks
  - Morning Routine Last 90 Days Download Public Domain eBooks
  - Morning Routine Last 90 Days Download eBook Subscription Services
  - Morning Routine Last 90 Days Download Budget-Friendly Options

- 6. Navigating Morning Routine Last 90 Days Download eBook Formats
  - o ePub, PDF, MOBI, and More
  - Morning Routine Last 90 Days Download Compatibility with Devices
  - Morning Routine Last 90 Days Download Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Morning Routine Last 90 Days Download
  - Highlighting and Note-Taking Morning Routine Last 90 Days Download
  - o Interactive Elements Morning Routine Last 90 Days Download
- 8. Staying Engaged with Morning Routine Last 90 Days Download
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Morning Routine Last 90 Days Download
- 9. Balancing eBooks and Physical Books Morning Routine Last 90 Days Download
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Morning Routine Last 90 Days Download
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Morning Routine Last 90 Days Download
  - Setting Reading Goals Morning Routine Last 90 Days Download
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Morning Routine Last 90 Days Download
  - Fact-Checking eBook Content of Morning Routine Last 90 Days Download
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements

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