



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

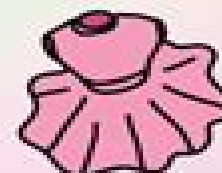
8.00am

500ML



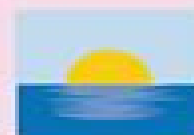
3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine Streaming Top Shows Ideas

J Elliott



Morning Routine Streaming Top Shows Ideas:

Powering Content Laura Busche, 2017-06-12 Your new product is ready to launch and you're itching to tell potential customers all about it. But how do you make your message stand out above all the noise and marketing clutter? Take the guesswork out of content management with this hands-on guide. You'll learn how to produce and manage powerful content pieces that speak directly to customers and compel them to respond. Author Laura Busche walks you through content strategies and tactics drawn from business design and psychology insights. Packed with examples and exercises, this book teaches you how to tell your story with engaging copy, potent images, and striking design, all carefully orchestrated through well-oiled production management. Solopreneurs, startups, marketing managers, and execs will learn 10 Essential Steps to Content Success with deep dives into Content strategy, understand your audience, choose and prioritize channels, and find your brand's core themes, voice, and tone. Content creation: craft an engaging experience with content formats and copywriting formulas and templates. Content management: organize, delegate, and supervise tasks; optimize the content production process to reuse successful patterns.

Social Live Video Streaming In Your Influencer Marketing

Strategy Laura Maya, 2022-04-10 Online Video Marketing has again breached a new level. Video has been very accessible to anyone with internet access, both to watch and to produce. While the technology is trending towards higher quality video on a professional level, but with new enhancement, its ease of use has made it possible for anyone to hop onto their laptop and create their own video in under an hour. The global live video streaming market is estimated to reach 128 billion by 2026 and is one of the most valuable vehicles for marketers and brand advertising. Live streaming on social media is a relatively new phenomenon, but more and more brands are adapting their social media strategies and influencer marketing strategies. Many Online Marketers are doing a crossover to social live video streaming, and the trend is catching steam. Live video streaming differs from video content in that video content is recorded and accessed directly by the user. It takes the form of a broadcast in which the creator's videos are transferred simultaneously to several users. A live video stream transmits the video in real time over the Internet. You don't need to be sold on the reasons why you need a video marketing strategy, but let's be real: it feels daunting to even start. Creating video content sounds simple enough on paper, but when it comes down to actually whipping out your iPhone and going Live, where do you even start? Yes, it can be intimidating, thinking of yourself as the star of your videos, however, is there a better way to reach your ideal audience and showcase your coaching style AND expertise all at the same time? Remember, don't overthink this process. You don't need a fully equipped studio, nor do you need a hair and makeup team. Everyday people film millions of videos by simply hitting the Record button on their smart phones. Give it a try. I bet you'll be surprised at how easy the whole process is. With a well-crafted workbook as your guidance, this book will guide readers to explore with the type of content they wish to record and publish, get some decent feedback or measure on analytics about what types of video perform best for you. Are you ready to get started?

Micro Video Marketing Prabhu TL, 2024-12-25 In

today's fast-paced digital world where attention spans are fleeting and competition for engagement is fierce, micro video marketing has emerged as a game-changing strategy. Short, snappy, and impactful micro videos are transforming how brands communicate with their audiences, drive engagement, and boost conversions. Whether you're a seasoned marketer, small business owner, or aspiring content creator, *Micro Video Marketing: Captivate, Engage, and Convert in Seconds* is your ultimate guide to mastering the art of short-form video content. Why Micro Videos Matter: From TikTok to Instagram Reels and YouTube Shorts, micro videos have taken over the digital marketing landscape. These bite-sized videos, typically 15 to 60 seconds long, have the unique power to grab attention, deliver a message, and inspire action in just seconds. But creating impactful micro videos requires more than just creativity; it demands a strategic approach, technical know-how, and a deep understanding of what resonates with today's audiences. This book unpacks all of that and more, equipping you with everything you need to thrive in the world of micro video marketing. What You'll Learn: In this comprehensive guide, you'll discover the foundations of micro video marketing, learn the history and evolution of video content, and why micro videos have become the preferred medium for today's consumers. Creating High-Impact Content: Master the essentials of scriptwriting, visuals, editing, and storytelling to craft micro videos that captivate your audience. Platform-Specific Strategies: Understand the nuances of platforms like TikTok, Instagram, and YouTube Shorts to maximize reach and engagement. Optimization Techniques: Explore advanced methods to optimize your videos for algorithms, SEO, and audience retention. Promotion and Distribution: Get practical tips for distributing your videos across social media, leveraging paid ads, and collaborating with influencers. Measuring Success: Learn how to track performance, interpret metrics, and refine your strategies for better results. Advanced Concepts: Dive into emerging trends like AI-generated videos, augmented reality (AR), shoppable content, and gamification to stay ahead of the curve. Real-Life Case Studies: This book doesn't just provide theory; it's packed with real-life examples and success stories from brands of all sizes. Discover how top companies and small businesses have leveraged micro videos to increase brand awareness, drive sales, and build lasting relationships with their audiences. Who This Book Is For: Whether you're a professional marketer, an entrepreneur, or someone new to the digital space, this book is designed to meet you where you are. It's an ideal resource for social media managers looking to boost engagement, small business owners seeking cost-effective marketing strategies, influencers and creators wanting to expand their reach, and marketing professionals aiming to stay ahead in a rapidly evolving field. The Future of Marketing: Micro video marketing isn't just a passing trend; it's the future. As technology advances and platforms evolve, short-form content will continue to dominate. *Micro Video Marketing: Captivate, Engage, and Convert in Seconds* prepares you for this exciting future, equipping you with the tools, strategies, and confidence to create content that stands out in a crowded digital landscape. Don't just keep up; lead the way. Get your copy of *Micro Video Marketing* today and start creating videos that captivate, engage, and convert in seconds.

Studies in Intelligence, 1997 Meditation Techniques For Beginners: The Best Kept Secrets

about Meditation Techniques, Meditation Exercises, Meditation Transcendental & Meditation Motivation Juliana Baldec, 2014-08-29 In her book *The Daily Meditation Ritual Lifestyle* Alecandra Baldec is combining soul spirit searching flexibility the modern lifestyle and powerful meditation techniques in a very strategical and unique way and creates the ultimate effortless system for everybody who wants to enjoy a life with meditation This book has been created for beginners and advanced users alike and it is perfect for people who have tried to integrate meditation into their life but have failed because of time constraints and modern life complexities The book reveals the latest insights into the mind body consciousness connection and how to make meditation work in today s world where time has become such a valuable resource Especially watch out for the secret success ingredient that is going to be the connecting part and the reason why her system works so well for people who always lack time This system closes the gap and resolves this problem forever and helps you to achieve a proper daily meditation ritual that is real Heck you can do this The key here is to give this system a chance and learn how to benefit from this secret success ingredient Why Because it is easy to do and it is effortless to do and best of all it only takes 5 minutes to do You can follow this meditation system if it is 2 pm in the morning and you have not been able to do your meditation work before bedtime You might be a busy person and have many time constraints and in this case this system will work wonders for you If you truly want a life that includes meditation but have not found the right combination that works for you on a daily basis you must absolutely know about Alecandra s secret ingredient that will give you the 5 minute key to a true meditation lifestyle a meditation lifestyle that is so valuable and enjoyable to live Start living a lifestyle with meditation today and if you apply this system your life will benefit from unlimited possibilities on every level of life

Life Streams Lynette M. F. Bosch, Mark Denaci, 2014-03-14 Incisive exploration of the work of Cuban American artist Alberto Rey *Life Streams* explores the paintings videos sculptures and installations of Alberto Rey an artist whose work addresses issues of identity cultural diversity environmental studies and global sustainability As a Cuban born artist living in western New York State Rey s current work emphasizes his involvement with his community and its local landscape especially its trout streams and their surrounding environment Through Rey s travels from his home in the upstate New York village of Fredonia to the Caribbean Latin America Europe and to almost every state in the United States he has gained an understanding of people places flora and fauna This book provides biographical information about Rey and a contextual study of his work The contributors have written about Rey s work from perspectives based on cultural studies identity studies literary studies and philosophical studies Interest in his Cuban and American identities are linked to his interest in global culture and his recent study of fish species and environmental issues As such this book reflects current approaches that focus attention on connected cultural issues and contemporary concerns about the environment conservation restoration and preservation Rey s work provides a new perspective on these topics as he combines art with activism on a local regional national and international level This beautiful book with its meticulously researched essays firmly places Alberto Rey in the

context of American contemporary art as someone addressing issues of identity hybridity environmental ethics biological decay and resurrection Like his trout subjects Pacific coastal migratory fish introduced to the Great Lakes he is a transplant a hybrid He is influenced by his many global travels which injected into his work further supply the richness and texture that make him such an original artist James Prosek *Celebrity in the 21st Century* Larry Z. Leslie,2011-01-12 This book offers a critical look at celebrity and celebrities throughout history emphasizing the development of celebrity as a concept its relevance to individuals and the role of the public and celebrities in popular culture Tabloid magazines television shows and Internet sites inundate us with daily updates about movie stars musicians athletes and even those who have achieved celebrity status simply for being rich and extravagant Disturbingly it appears that the harder our celebrities fall the more fascinating they are to us As popular culture becomes more influential it is important to understand both the positive and negative aspects of celebrity This volume traces the development of the concept of celebrity discusses some of the problems facing both celebrities and their followers and points to future trends and developments in our cultural understanding of celebrity The author's treatment is unflinchingly honest revealing the importance of the public's role in celebrities lives and establishing firm criteria for determining who is a celebrity and who is not **Billboard** ,1948-12-04 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Media Use in Digital Everyday Life** Brita Ytre-Arne,2023-02-20 The ebook edition of this title is Open Access and freely available to read online Filling a gap between classic discussions on everyday media use and recent studies of emergent technologies this book untangles how media become meaningful to us in the everyday connecting us to communities and publics **CMJ New Music Report** ,2002-09-16 CMJ New Music Report is the primary source for exclusive charts of non commercial and college radio airplay and independent and trend forward retail sales CMJ's trade publication compiles playlists for college and non commercial stations often a prelude to larger success Curbside Consultation in Pediatric Obesity Jeannie Huang,2024-06-01 Are you looking for concise practical answers to those questions that are often left unanswered by traditional pediatric obesity references Are you seeking brief evidence based advice for complicated cases or controversial decisions Curbside Consultation in Pediatric Obesity 49 Clinical Questions provides quick answers to the tricky questions most commonly posed during a curbside consultation between pediatricians Dr Jeannie Huang has designed this unique reference which offers expert advice preferences and opinions on tough clinical questions commonly associated with pediatric obesity The unique Q A format provides quick access to current information related to pediatric obesity with the simplicity of a conversation between two colleagues Numerous images diagrams and references allow readers to browse large amounts of information in an expedited fashion Some of the questions that are answered How can a primary care practitioner manage obesity My

patients often ask me about fad diets for weight loss What is the bottom line about fad diets are they benign or do some have associated adverse risks What are some of the behavioral programs available for obese children and how do I choose which would be the most appropriate for my obese patients I am often asked about bariatric surgery What are the different weight loss surgeries for pediatric patients What are the important considerations associated complications and effectiveness of each type of surgery How do I get reimbursed for delivery of weight management therapies in the office Are there any effective technologies apps sensors available to help pediatric patients lose weight Curbside Consultation in Pediatric Obesity 49 Clinical Questions provides information basic enough for residents while also incorporating expert advice that even high volume pediatricians will appreciate Pediatricians nurse practitioners physician assistants and family practitioners will benefit from the user friendly casual format and the expert advice contained within *Starting the School Year Well And What To Do If Things Go Awry* Diane Adreon, Brenda Smith Myles, 2025-07-15 Most students thrive on consistency and it's especially important for autistic students Without it teachers can expect them to experience higher levels of anxiety and more meltdowns Because of their neurology autistic students learn best when they know exactly what they are going to do when they are going to do it and with whom they will do it Despite knowledge and well intended efforts educational systems often create a lack of predictability for students when they transition from year to year Teachers certainly try They've read last year's IEP took part in creating a new one and have read all the information in the student's file But they still don't know details such as what the student's mini schedule looks like and what prompts are needed to support social interaction Until now *Starting the School Year Well* provides a simple way for teachers to learn from past educators through the completion of three simple to use instruments Transition Checklist Comprehensive Autism Planning System Learner Snapshot These tools allow educators to immediately implement effective strategies instead of spending time engaged in trial and error instruction These instruments create a smoother transition that enhances learning Also included is an extensive approach to behavior challenges that results in real change If behavior challenges occur use this student and teacher friendly approach to teach new behaviors and provide support By eliminating guesswork as you get to know a student at the beginning of the year you can get right to work teaching them new skills that match how they learn *100 Days* Harlan Lebo, 2019-06-28 Some events that transform a nation are frozen in time Others pass with little public awareness and we only appreciate their momentous nature long after they occur Regardless these events are few and almost always far between But in 1969 four such events took place within the span of only 100 days In this book cultural historian Harlan Lebo looks back at the first moon landing the Manson family murders Woodstock and the birth of the Internet to tell the story of how each event shaped the nation and how we perceive ourselves Loaded with captivating anecdotes and insights based on extensive interviews with eyewitnesses and participants to provide historical insight and contemporary context *100 Days* will fascinate readers who seek a deeper appreciation of how four seemingly unrelated events shaped America's emergence as the nation we have become

Investigation of Illegal Or Improper Activities in Connection with 1996 Federal Election Campaigns ,1999

Commercial Culture Leo Bogart,2017-09-29 American mass media are the world s most diverse rich and free Their dazzling resources variety and influence arouse envy in other countries Their failures are commonly excused on the grounds that they are creatures of the market that they give people what they want Commercial Culture focuses not on the glories of the media but on what is wrong with them and why and how they may be made better This powerful critique of American mass communication highlights four trends that sound an urgent call for reform the blurring of distinctions among traditional media and between individual and mass communication the increasing concentration of media control in a disturbingly small number of powerful organizations the shift from advertisers to consumers as the source of media revenues and the growing confusion of information and entertainment of the real and the imaginary The future direction of the media Leo Bogart contends should not be left to market forces alone He shows how the public s appetite for media differs from other demands the market is left to satisfy because of how profoundly the media shape the public s character and values Bogart concludes that a world of new communications technology requires a coherent national media policy respectful of the American tradition of free expression and subject to vigorous public scrutiny and debate Commercial Culture is a comprehensive analysis of the media as they evolve in a technological age It will appeal to general readers interested in mass communications as well as professionals and scholars studying American mass media

A World Champion's Guide to Running the Beer Mile Lewis Kent,2019-07-02 In June 2015 Lewis Kent was just an ordinary twenty one year old college kid who liked to run By December 2015 just six months later he had appeared in ESPN Buzzfeed Ellen and dozens of other major outlets Videos of him running went viral and he received daily calls from agents So why all the attention Simple He ran the Beer Mile and he ran it unbelievably fast The beer mile is a track or road race in which you chug a beer run a quarter mile chug another beer run another quarter mile chug run chug run four beers four laps no vomiting allowed Chug run repeat If it sounds difficult but really fun it s because it absolutely is The event first went viral in 2014 when the five minute barrier was broken Kent became the world champion and broke the world record in late 2015 with a time of 4 minutes 47 seconds just over a minute longer than the world record for the regular mile After that he became the world s first professional Beer Miler literally being paid for his superhuman ability to run fast and drink quickly Part memoir part how to manual A World Champion s Guide to Running the Beer Miles is for both serious athletes and recreational runners who love to run enjoy a drink and like the idea of a challenge

Billboard ,1985-10-05 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends

TV Guide Film & Video Companion ,2004

Billboard ,1983-01-29 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing

platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Billboard** ,1986-02-22 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends

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