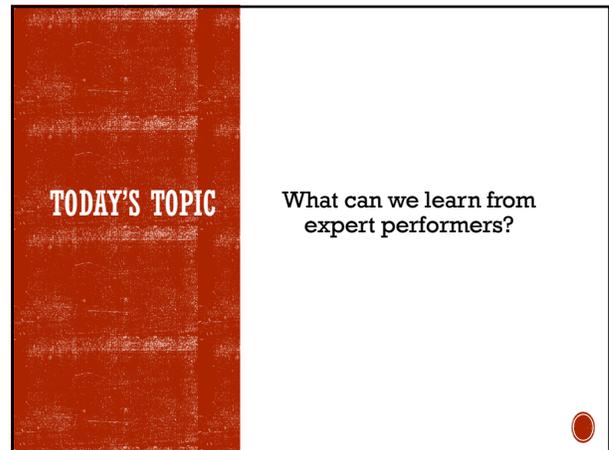
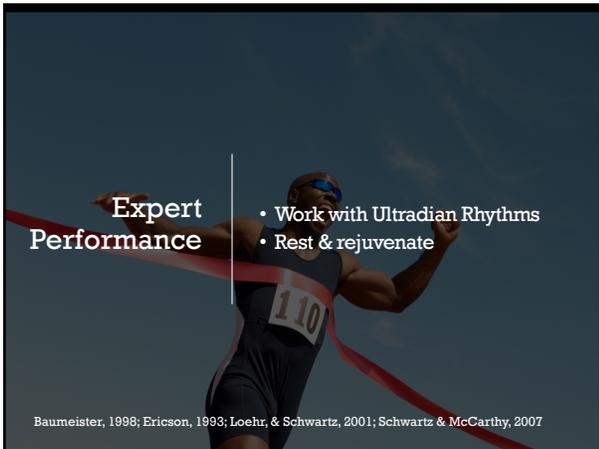


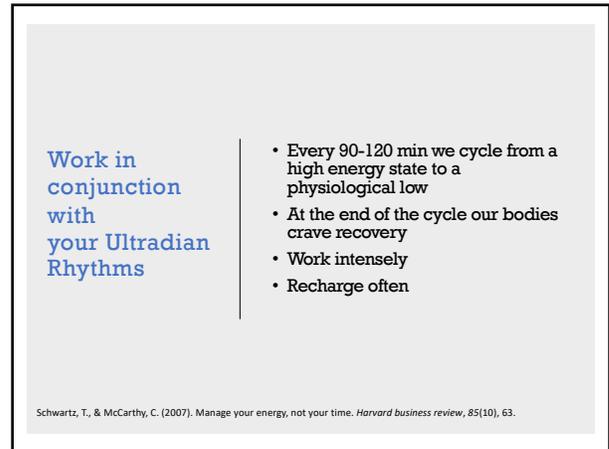
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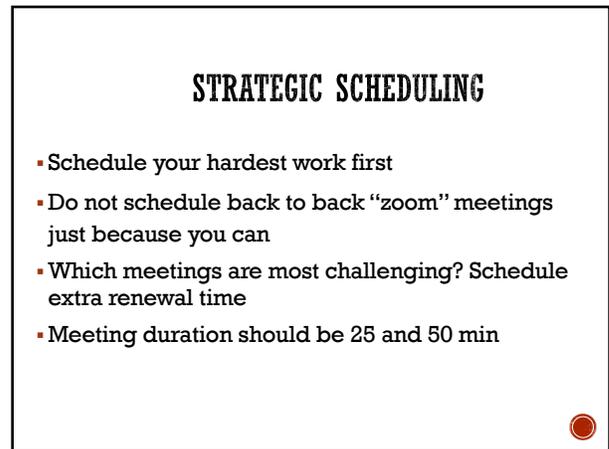
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6

WHAT'S YOUR CHRONOTYPE?



- Night owl or morning lark?
- Don't fall prey to the cultural bias that to be productive you need to be at your desk at 7:00 am!

7



- Work in sprints and incorporate breaks
- Do your hardest work first
- Don't buy into the cultural belief that to be productive you need to awake early!

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DAY 2: THE BODY MIND CONNECTION



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