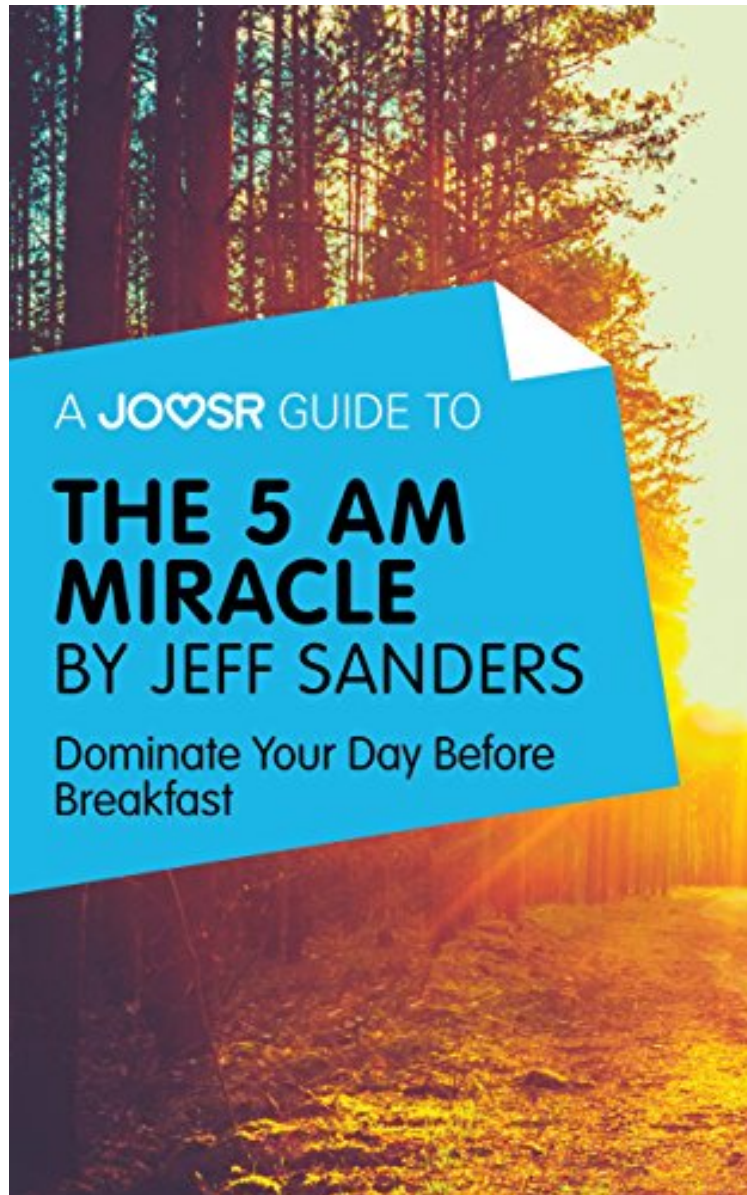


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- How to introduce new morning tasks that will revitalize your energy and enrich your mind
- Why making a plan for the year is a total waste of your time
- That taking control of your day with an early start is a daily decision and requires continual review and adaptation to be successful.