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Level Up Your Day will show you how to create powerful routines using six essential areas to build a better life. This book is great for creatives, business owners, entrepreneurs, 9 to 5

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Even if you miss a day, pick it back up rather than giving up on it entirely (like exercising). Do it enough times, you get into a groove of doing it without much thought (like brushing

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your teeth). For example, plan your meals for the week (like Mexican on Monday, Italian on Tuesday, etc. and create your grocery list).

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Nicola Sturgeon said today
Shetland was among 19
council areas set to see no
change in the current level
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However, she pleaded with folk not to assume that the lesser restrictions means they can “ease up”.

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