

Charge Up Your Life Workbook For Teens And Young Adults

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Empower teens and young adults to navigate life's challenges with confidence. This transformative workbook provides practical exercises and actionable strategies for personal growth, helping youth develop essential life skills, foster self-awareness, and achieve their full potential. Ideal for anyone seeking to boost motivation and cultivate a positive mindset.

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LITTLE GAINS OVER LARGE LEAPS

SORITES PARADOX

YOUR IDENTITY IS YOUR REPEATED BEINGNESS

NOTICE & CALL OUT

STACK YOUR HABITS

AFTER CURRENT HABIT + NEW HABIT

ENVIRONMENT MATTERS & LAW OF LEAST EFFORT

AVOID TEMPTATIONS; DO NOT RESIST THEM

MAKE THE HABIT ATTRACTIVE

MIND THE GROUP

FREQUENCY OVER EVERYTHING

GETTING STARTED

KEEP TRACK & GET A PARTNER

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10 Books You Should Read

Book #1

Book #2

Book #3

Book #4

Book #5

Book #6

Book #7

Book #8

Book #9

Book #10

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Intro

The Expectation Effect

No Bad Parts

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The Happiness Hypothesis

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The Intelligent Investor by Benjamin Graham

Value Investing

Uncommon Sense for the Thoughtful Investor by Howard Marks

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Musayeva, an international social etiquette consultant and **the**, author of **the**, books "Etiquette: **the**,
least you need to ...

Introduction

What is 5AM CLUB

The importance of waking up early

Spend the first hour wisely

The first hour formula

Keeping your environment clean

Surround yourself with the right people

Place yourself in voluntary discomfort

Habit installation takes 6 to 6 days

Get the right amount of sleep

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Atomic Habits

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Work Smarter Not Harder

The Lean Startup

The 48 Laws of Power

The Personal MBA

Misbehave

The House of Morgan

The Hindmost

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1,660,057 views 4 years ago 5 minutes, 40 seconds - We're usually taught that being loyal to **people**, through difficulty is always **the**, right way. But in fact, at points, **a**, good **life**, requires ...

Intro

Children

Maybe they will change

The outward behavior is bad

The difficulties cant be disputed

Children have no options

Stay or Leave

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Intro

The Baron Grounds

Roller Girl

After My Own Heart

The Wing Feather Saga

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Intro

Book Review

Outro

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