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I read 'The Perfect Day Formula' in one day and could not put it down. Craig gives the tools to make getting the most of this one shot at life a daily habit and lose the daily bad habits that stamp out those good intentions. Craig's step by step guide and terminology seems to cut through a bewildering array of beliefs and values with instead a ...

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Here are the top ten take-aways for you: Wake up 15 minutes earlier. Avoid the snooze – just get up, and have something you 're excited to get up for. This is the most quiet and productive part of the day, so take advantage of it. Work on the important things first in the morning, as even a few minutes a day can add

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He suggested I read the book The Perfect Day Formula by Craig Ballantyne. GAME. CHANGED. I immediately downloaded and

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"The Perfect Day Formula" is a helpful book with very simple, common-sense advice on how to take control of your day by getting it off to a productive start. Okay, that is simplifying it a bit, because there is a "formula" for a successful day and a successful life.

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Craig Ballantyne

"The Perfect Day Formula" is a helpful book with very simple, common-sense advice on how to take control of your day by getting it off to a productive start. Okay, that is simplifying it a bit, because there is a "formula" for a successful day and a successful life.

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simply apply the Three Cs — Control,
Conquer, and Concentrate — to
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the chaos of your afternoons.
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the evenings.

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~~The Perfect Day Formula—
Incomparable Expert~~

Hi, I ' m Craig Ballantyne, the author

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of The Perfect Day Formula, and the new Wall Street Journal best-selling book, Unstoppable. I ' m a high-paid coach, the creator of The Perfect Life Workshop (delivered worldwide) and two exclusive annual events, the founder of a multiple 7-figure fitness Empire, and more.

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The Perfect Day Formula includes the precise success formula the author has taught his own executive coaching clients to help them stop wasting time and get more done. The formula presented in Craig ' s book is based on focusing on the things around you that you can control as well as taking action each day in order to create a good life for yourself, the life that you define.

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