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Creating a daily routine seems daunting at first, but you will soon reap the rewards when your productivity soars, morning meltdowns are reduced, and you find you actually have pockets of free time throughout the day or week. Even better? Nothing is written in stone so if your daily routine doesn't work perfectly at first, simply make some tweaks until you find the ideal daily routine. Related ...

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THE VERDICT. Having daily routines is essential in life and beneficial — to a point. Routines can help you study better, work more efficiently, and have greater control over your life.

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In the words of Tony Robbins says, “The secret of your success is found in your daily routine. ... [CLICK HERE](#) to watch the full 60-minute version inside Morning Ritual Mastery! (8 votes, average: 10.75 out of 5) Loading... Filed Under: MINDSET, MOTIVATION & INSPIRATION, PRODUCTIVITY & TIME MANAGEMENT, RECOMMENDED Tagged With: apple cider vinegar, be proactive, beliefs, body, checklist ...

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