



The 7 Minute Life Daily Planner

Allyson Lewis

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The 7 Minute Life Daily Planner:

This 270-Page Spiral Bound Planner Can Change Your Life in 7 Minutes a Day

Find out for yourself why hundreds of thousands of people use The 7 Minute Life™ tools to:

- **improve their time management**
- **boost their daily productivity**
- **and, organize their lives**

Calendars, date books, and other reminder tools simply list your obligations.

The 7 Minute Life™ Daily Planner helps you actively take charge of your time management , orienting everything you do toward your most important priorities. You will:

- Set your priorities and stick to them
- Learn to avoid interruptions and distractions
- Master the chaos of endless unfinished tasks
- Declutter your mind and your life
- Beat procrastination
- Get rid of stress and anxiety
- Stop feeling overwhelmed
- Have time for the people and things you love
- Live according to your true purpose!

The Best Time Management Tool for Organizing Your Entire Life.

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